

DECEMBER 2017

BREAKFAST & LUNCH MENU

FOWLER R4J

This Institution is an Equal Opportunity Provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Breakfast Cold Cereal & Yogurt Fresh Fruit-Fruit Juice Choice of Milk		Lunch Salad Bar Choice of Milk			Muffin Pizza Green Beans Peaches	
3	4	5	6	7	8	9
	Cereal Bar Chicken Fried Steak with Gravy Mashed Potato Roll Pears	Breakfast Pizza Spaghetti with Meat Sauce Corn Garlic Toast Peaches	Bagel with Cream Cheese Chicken Soft Taco Pinto Beans Hot Sauce Mixed Fruit	French Toast Sticks Corn Dog Tater Tots Tropical Fruit	Muffin Ham and Cheese Sandwich Chips Carrots-Celery Pineapple	
10	11	12	13	14	15	16
	Cereal Bar Frito Pie Tortilla M&M Cookie Mixed Fruit	Biscuit and Gravy Hamburger on a Bun Tomato-Onion-Pickle Curley Fries Pears	Breakfast Sandwich Mandarin Orange Chicken Fried Rice Broccoli Pineapple	Breakfast Burrito Country Fried Steak with Brown Gravy Mashed Potato Roll Peaches	Muffin Quesadilla Southwest Corn Applesauce	
17	18	19	20	21	22	23
	Cereal Bar Mac and Cheese Ham Green Beans Pears	Donut Vegetable Beef Soup Cheese-Crackers Cinnamon Roll Mixed Fruit	Breakfast Pizza Hot Dog on a Bun Potato Triangle Pineapple	Cinni Mini Enchilada Casserole Pinto Beans Tortilla Applesauce	Muffin Pork Patty with Gravy Mashed Potato Roll Peaches	
24	25	26	27	28	29	30
	CHRISTMAS	VACATION	NO SCHOOL	NO SCHOOL	NO SCHOOL	
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						Menu Subject To Change