

DECEMBER 2017

Elementary Breakfast & Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

MEAL PRICES

~Breakfast~

- Students \$1.30
- Reduced Price - .30¢
- Adult - \$1.80

~Lunch~

- Students - \$2.75
- Reduced Price - .40¢
- Adult - \$3.25

Milk Varieties Offered Daily
8 oz. Cartons of:
FF Chocolate
FF Strawberry
1% Lowfat
Extra Milk or Milk Purchased
Without Tray - .60¢



Each meal
(Breakfast and Lunch)
must contain at least
3 items - 1 of the items
must be a fruit or vegetable.

* Denotes Choice of Entree

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SHAC CORNER

(Student Health Advisory Council)
ALL SESSIONS HELD FROM 6:30-8 PM
(Unless Otherwise Noted)
At ACORN Community & Family Services Center,
101 Live Oak Street, Red Oak, Tx
RSVP: Donna Knight at 972-617-4568
Or donna.knight@redoakisd.org

December 7th Family Time:
Cooking With Natasha

December 19th
Anger Management

4
Breakfast
Cereal & Graham Cracker
Pancake on a Stick
Applesauce & Assorted Juice
Lunch
Steak Fingers
Tater Tots
Green Beans
Grapes

5
Breakfast
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
*Sweet & Sour Dip'n Chicken
*Protein Box - Turkey Ham
White Rice
Seasoned Broccoli
Fresh Baby Carrots
Sliced Peaches

6
Breakfast
Cereal & Graham Cracker
Yogurt Parfait w/ Graham Cracker
Fruit Cocktail & Assorted Juice
Lunch
Crispy Beef Tacos
Pinto Beans
Lettuce & Tomato
Peach Crisp
Fruit Cocktail

7
Breakfast
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice
Lunch
*Chicken Nuggets
*Turkey Chef Salad
Fresh Baked Roll
Mashed Potatoes & Gravy
Seasoned Carrots
Strawberries

8
Breakfast
Cereal & Graham Cracker
Dutch Baby Waffle
Fruit Cocktail & Assorted Juice
Lunch
Hamburger or Cheeseburger
Lettuce, Tomato, Pickle
French Fries
Applesauce

11
Breakfast
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Applesauce & Assorted Juice
Lunch
Chicken & Waffles
Strawberry Spinach Salad
Green Beans
Apple Slices

12
Breakfast
Cereal & Graham Cracker
Strawberry Bagel-ful & Turkey Bacon
Orange Wedges & Assorted Juice
Lunch
*Chili w/Beans
*Protein Bistro Box
Cinnamon Roll WG
Carrot/Celery Sticks
Fruit Cocktail

13
Breakfast
Cereal & Graham Cracker
Biscuit & Sausage w/Gravy
Sliced Peaches & Assorted Juice
Lunch
Pizza - Pepperoni or Cheese
Golden Corn
Cucumber & Tomatoes
Applesauce

14
Breakfast
Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos
Refried Beans
Garden Salad
Sliced Peaches

15
Breakfast
Cereal & Graham Cracker
French Toast Sticks & Syrup
Fruit Cocktail & Assorted Juice
Lunch
Chicken Fried Steak Sandwich
Green Beans
Tater Tots
Fresh Orange

18
Breakfast
Cereal & Graham Cracker
Pancake on a Stick
Applesauce & Assorted Juice
Lunch
*Pizza - Pepperoni or Cheese
*Protein Box - Turkey Ham
Golden Corn
Celery Sticks w/Ranch
Fruit Cocktail

19
Breakfast
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
Macaroni & Cheese
Texas Toast
Fresh Cucumbers
Broccoli
Frozen Peach Cup

20
Breakfast
Cereal & Graham Cracker
Yogurt Parfait w/ Graham Cracker
Fruit Cocktail & Assorted Juice
Lunch
Crispito w/Cheese
Refried Beans
Seasoned Carrots
Grapes

21
Breakfast
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice
Lunch
Turkey & Cheese Sandwich
Pickle Spears, Carrot Sticks
Flavored Applesauce
Chocolate Chip Cookie



ARE
YOU
READY?
2018