December

revolution foods
feeding good

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			• plain whole wheat bagel/cream cheese 1	• blueberry muffin 2
• rf honey buttons cereal (df) 5	zac omega bar apple (df) 6	• french toast muffin 7	• berry burst whole grain bagel/ cream cheese 8	**NO SCHOOL** 9
• yogurt/dick and janes smart crackers 12	Lemon muffin 13	breakfast cinnamon crumble 14	rf honey buttons cereal (df) 15	• plain whole wheat bagel/cream cheese 16
• dipper doodle bar (df) 19	• french toast muffin 20	• zac omega bar apple (df) 21	**NO SCHOOL** 22	**NO SCHOOL** 23
26	**No School – Winter Holiday Break** 27	28	29	30

What's New?

Which 'wich? Brekwich! We're rolling out two new warm and toasty breakfast sandwiches this month.

Look for our **Classic Chicken Sausage Brekwich** on December 7th.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offe twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider

December

NSLP LUNCH K-12

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
			• flame broiled beef cheeseburger • sunbutter and jelly sandwich (vg) ○ chopped lettuce with sliced tomatoes and ranch 1	• chicken taco trio • egg salad sandwich (vg) (df) ○ local sweet potatoes 2
• baked mac & cheese and chicken bites • southwest veggie wrap (vg) ○ local peas 5	• egg and cheese panada pie (vg) • spaghetti and meatballs (df) ○ three bean salad with baby carrots 6	• cheese ravioli with marinara sauce (vg) • cheesy chicken quesadilla ○ local sweet potatoes 7	• sloppy joe (df) • taco dippers kit (vg) ○ broccoli florets with ranch 8	**NO SCHOOL** 9
• hot turkey & cheddar flatbread melt • sunbutter and jelly sandwich (vg) ○ local corn 12	• southwest veggie wrap (vg) • bbq chicken wrap ○ pinto beans with broccoli florets 13	• crispy chicken sandwich (df) • egg salad sandwich (vg) (df) ○ local sweet potatoes 14	• cheese pizza (vg) ○ celery sticks with ranch 15	• baked mac & cheese and bbq baked beans (vg) • chicken fajita burrito ○ local braised greens 16
• "pepperoni" calzoni pizza (meatless) (vg) • turkey and cheese sandwich • honey mustard chicken wrap 19	• cheese lasagna with (vg) ○ broccoli florets w/ ranch 20	• chicken enchiladas • cheese sandwich (vg) ○ chilled local green beans 21	• **NO SCHOOL** 22	**NO SCHOOL** 23
26	27	28	29	30

No School – Winter Holiday Break

Seasons Eatings!

Bring on the holidays with our warm and hearty seasonal **Roast Turkey & Stuffing** meal: thick cut turkey pai with savory stuffing, colorful mashed yams, and homemade gravy with a fresh vegetable side.

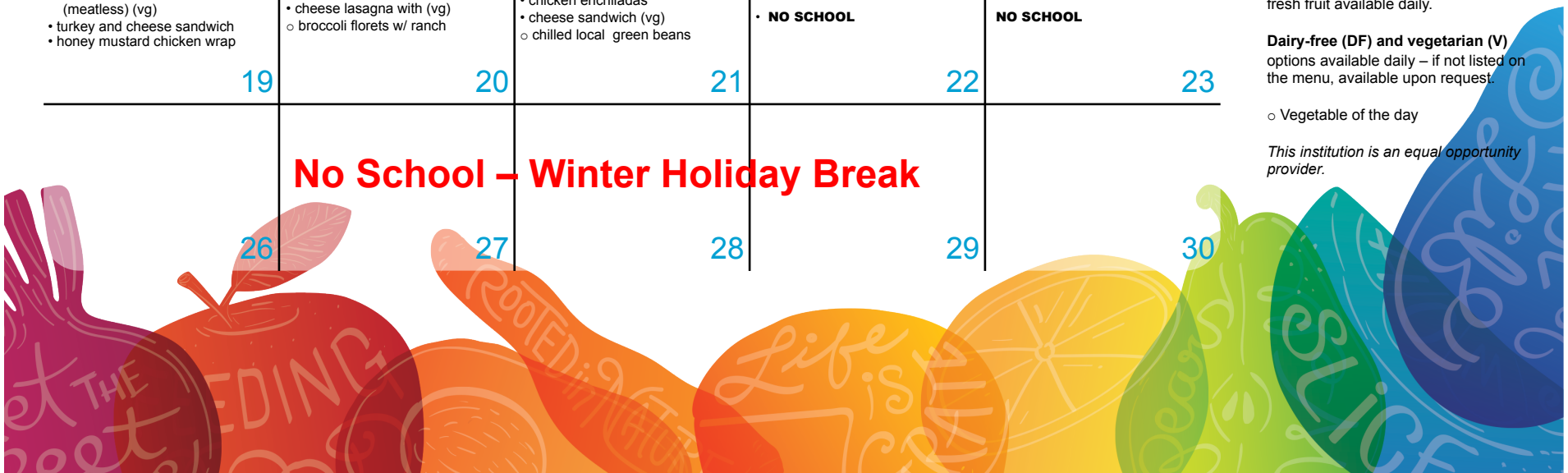
Look for it on the menu on December 21st!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

This institution is an equal opportunity provider.



December

NSLP LUNCH PK

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
			• flame broiled beef cheeseburger • sunbutter and jelly sandwich (vg) ○ chopped lettuce with sliced tomatoes and ranch 1	• chicken taco trio • southwest veggie wrap (vg) ○ local sweet potatoes 2
• baked mac & cheese and chicken bites • egg salad sub(vg) (df) ○ local peas 5	• spaghetti and meatballs (df) • bbq chicken wrap ○ diced carrots w/ pinto beans 6	• cheesy chicken quesadilla • honey mustard chicken wrap ○ local sweet potatoes 7	• sloppy joe (df) • taco dippers kit (vg) ○ broccoli florets with ranch 8	**NO SCHOOL** 9
• hot turkey & cheddar flatbread melt • sunbutter and jelly sandwich (vg) ○ local corn 12	• bbq chicken pasta with mozzarella and corn • southwest veggie wrap (vg) ○ pinto beans with broccoli florets 13	• crispy chicken sandwich (df) • egg salad sandwich (vg) (df) ○ local sweet potatoes 14	• cheese pizza (vg) ○ cucumber slices with ranch 15	• baked mac & cheese and bbq baked beans (vg) • chicken fajita burrito ○ local braised greens 16
• "pepperoni" calzoni pizza (meatless) (vg) • turkey and cheese sandwich ○ local green peas 19	• cheese lasagna with (vg) • chicken salad sandwich (df) ○ broccoli florets w/ ranch 20	• chicken enchiladas • cheese sandwich (vg) ○ chilled local green beans 21	• **NO SCHOOL** 22	**NO SCHOOL** 23
26	**No School – Winter Holiday Break** 27	28	29	30

Seasons Eatings!

Bring on the holidays with our warm and hearty seasonal **Roast Turkey & Stuffing** meal: thick cut turkey pai with savory stuffing, colorful mashed yams, and homemade gravy with a fresh vegetable side.

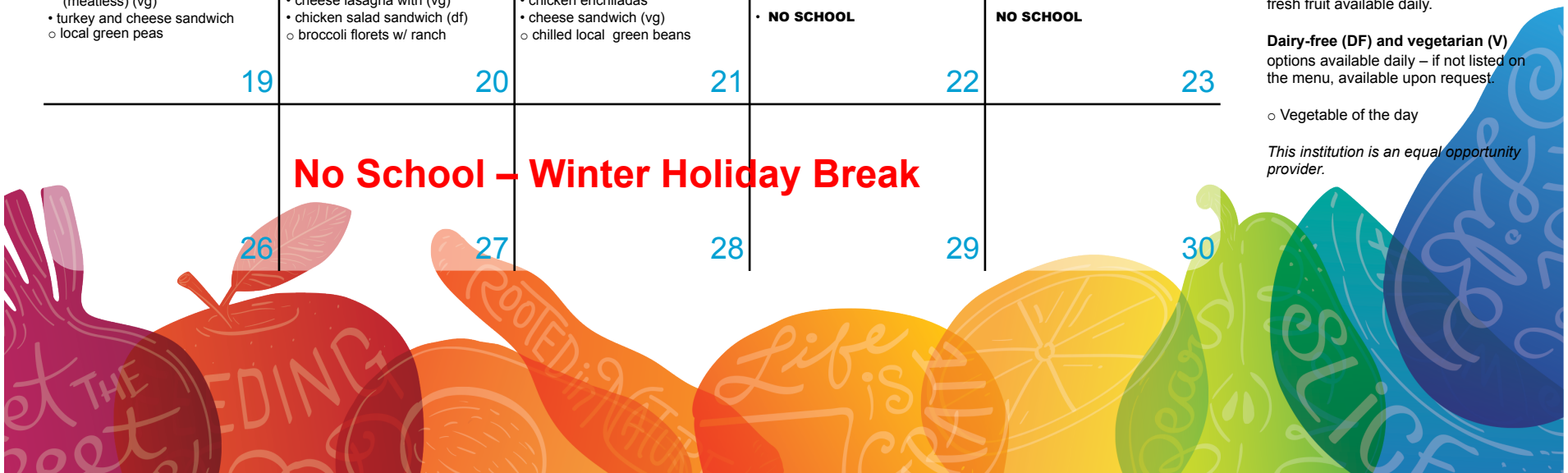
Look for it on the menu on December 21st!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

This institution is an equal opportunity provider.



December

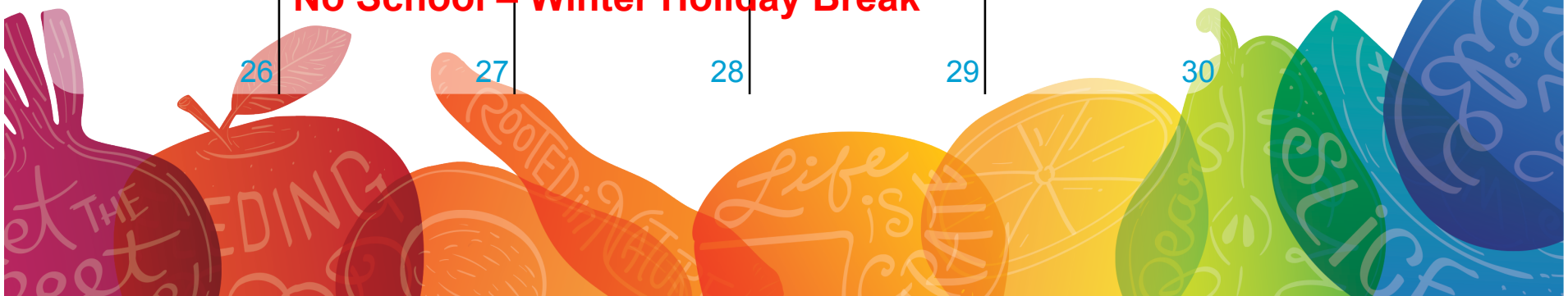
NSLP/CACFP
SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
			• mini dipperdoodle (1.3 oz)/fruit 1	• yogurt/fruit 2
• zac attack bar strawberry/fruit 5	• multigrain rumbles - cinnamon/ fruit 6	• string cheese/fruit 7	• dick and janes smart crackers/ fruit 8	**NO SCHOOL** 9
• multigrain rumbles - salsa fresca/fruit 12	• zac attack bar strawberry/fruit 13	• mini dipperdoodle (1.3 oz)/fruit 14	• string cheese/fruit 15	• revolution foods honey wheat crackers/fruit 16
• granola/string cheese 19	• dick and janes smart crackers/ fruit 20	• yogurt/fruit 21	**NO SCHOOL** 22	**NO SCHOOL** 23
26	27	28	29	30

No School – Winter Holiday Break

did you know?

Fruits are nature's wholesome dessert! Packed with vitamins and fiber, fruits are a sweet path to a healthy life. Be sure to grab some fresh fruit with your snack!

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

This institution is an equal opportunity provider