



December '09 Balanced Breakfast** and Lunch Options



**Breakfast is served only in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Can. Bacon & Cheese Biscuit or Bagel, Mixed Fruit	Egg Patty w/wo Cheese Eng. Muffin/Biscuit, Grits, Mand. Orng	Scrambled Egg, Cheese Grits, Toast w Jelly, Chilled Peaches	Beignets or Donuts (choice), Buttered Grits or Oatmeal, Strawberries
	Nachos	Italian Meatsauce Spaghetti	Turkey and Sausage Gumbo Cauliflower/ Cheese	Chicken Strips Mashed Potato w Gravy
	Seasoned Corn Apricots Cinnamon Roll	Italian Salad Chilled Pears Garlic Roll Jell-O	Fruit Cocktail Dinner Roll	Seasoned Peas Cheese Bread Sugar Cookie
	7	8	10	11
French Toast Sticks w syrup, Sausage Links, Chilled Pears	Can. Bacon and Cheese Triangle OR Brkfst Burrito, Mand. Oranges, Grits	Sausage Patty, Biscuit or Bagel Apple sauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Beignets or Donuts (choice), Buttered Grits or Oatmeal, Chilled Peaches
	Pork Taco	Meatballs in Red Gravy w Spaghetti	Fried Chicken	Pizza
Turkey & Saus. Jambalaya Tossed Salad Apple Sauce Corn Roll	Lettuce Tomato Cup & Cheese Cup Mixed Fruit Seasoned Corn Cinnamon Stick	Ceasar Salad Chilled Pears Garlic French Bread	Mashed Potatoes Applesauce Roll Brownie	Green Sal;ad Buttered Carrots
Chicken Patty	Pre-Plated Salad	Hamburger w/wo Cheese	Pre- Plated Salad	
	14	15	17	18
Pancake Wrapped Sausage w Syrup Chilled Tropical Fruit	Can. Bacon & Cheese Biscuit or Bagel, Chilled Pineapple	Egg Patty w/wo Cheese Eng. Muffin/Biscuit, Grits, Pears	Scrambled Eggs, Cheese Grits, Toast w Jelly, Mixed Fruit	Beignets or Donuts (choice), Buttered Grits or Oarmeal, Mandarin Oranges
	Taco w Cheese		Christmas Dinner Baked Turkey	Hamburger
Chicken Smackers w Sweet & Sour or General Tso Sauce	Lettuce/Tomato Cup	Italian Bake	Rice or Cornbread Dressing w Gravy	Bun
Fried Rice , Stir-fry Vegetables Chilled Pineapple	Seasoned Corn Cinnamon Roll	Italian Green Beans Mixed Fruit Garlic Roll	Mandarine Oranges Cheesy Broccoli French Bread Chocolate Cake OR Ice Cream Cup	Lettuce-Tomato Cup Peaches Cookie
Egg Roll Fortune Cookie				
	21	22	24	25
				Merry Christmas!
No School	No School	No School	No School	

School lunches must meet recommendations of the Dietary Guideline for Americans.

*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.

*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.



Check Out Our Website At: www.schoolcafe.org

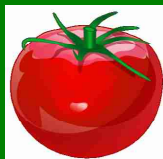
Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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December 17th is our Christmas Dinner. Please join us for a delicious, nutritionally balanced dinner!



December 3rd is Cherry Tomato Nutrition Day! Stop by the Nutrition Day Table for a delicious sample and fun-filled activities!



December 19th is Student Choice Day! You decide what's for lunch!

School Name _____