

December 2018



# EL COMEDOR

## LUNCH MENU

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Vegetarian Option

National Pear Month



MON	TUE	WED	THU	FRI
National Pear Month				
<b>3 MON</b> Vegetable Soup v 1 c Turkey Ham & Cheese on 2 oz WG Panini Bread 1 bdi w/mustard or mayo sl Chilled Apple 1 ea	<b>4 TUE</b> Taco Fiesta Black Beans v ¼ c Seasoned Corn ½ c WG Mini Chicken Tacos v 3 ea w/Taco Sauce 2 oz Chilled Pears ½ c	<b>5 WED</b> Garden Salad w/Ranch Dressing v 2 c Cheese Pizza or v 1 Turkey Pepperoni Pizza ea Chilled Peaches ½ c	<b>6 THU</b> Lemon Butter Broccoli v ½ c Steamed Rice ½ c Teriyaki Chicken 2 oz WW Roll 1 ea Cherry Crisp ½ c	<b>7 FRI</b> <b>PROFESSIONAL DEVELOPMENT DAY</b>  <b>NO SCHOOL</b>
<b>10 MON</b> Minestrone Soup v ¾ c Turkey Sub w/ 2 oz Lettuce, Tomato on WG Hoagie 1 ea	<b>11 TUE</b> Green Beans v ½ c Spaghetti w/Turkey Meat ½ c Sauce WG Mozzarella Sticks v 2 ea w/Marinara Sauce 1 oz Chilled Mixed Fruit ½ c	<b>12 WED</b> Fajita Chicken Salad Salad Greens, Red & 2 c Green Peppers, Banana Peppers, Fajita Chicken Strips, Salsa, Sour Cream 2 oz WG Tortilla Strips 2 oz Chilled Peaches ½ c	<b>13 THU</b> Seasoned Corn v ½ c Orange Glazed Carrots v ¼ c Wild Rice ¼ c WG Chicken Pattie w/Gravy 1 ea Chilled Pears ½ c	<b>14 FRI</b> Potato Smiles v 5 ea Baby Carrots w/Ranch Dressing 5 ea WG Chicken Pattie on WG Bun 1 ea Chilled Anjou Pear 1 ea
<b>17 MON</b> Creamy Tomato Basil Soup 1 cup Grilled 3-Cheese Sandwich 2 oz Chilled Apple 2 sl ½ c	<b>18 TUE</b> Asian Style Vegetables v ¾ c Steamed Rice ½ c New Orleans Chicken 3.5 oz	<b>19 WED</b> Beef or Turkey Hot Dog Bar on WG Bun Banana Peppers/ Onions/Shredded Cheese/Ketchup/ Mustard Turkey Chili Oven Fries	<b>20 THU</b> Garden Salad w/Ranch Dressing 2 c Cheese Pizza or 1 ea Cheese Pinwheel ½ c Chilled Peaches	<b>21 FRI</b> Oven Fries 4 oz Hamburger or Turkey Burger w/Cheese on WG Bun w/ 1 ea Lettuce & Tomato ¼ c Chilled Apple 1 ea <b>DISMISSAL AT 1 PM</b>
<b>24 MON</b>	<b>25 TUE</b>	<b>26 WED</b>	<b>27 THU</b>	<b>28 FRI</b>



**Winter Holiday Break**  
 December 24, 2018 – January 7, 2019





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## BREAKFAST & SNACK MENU

BREAKFAST									
<i>All Breakfasts include:            Fruit, 100% Fruit Juice or Fruit Smoothie            Low Fat Plain Milk, Fat-Free Chocolate Milk or Fat-Free Strawberry Milk</i>									
MON		TUE		WED		THU		FRI	
Egg & Cheese Omelet	2 oz	Assorted Whole Grain Cereals	1 oz	WG Pancake w/100% Maple Syrup	1.4 oz 2 tbsp	WG Biscuit	1.2 oz	Oatmeal w/100% Maple Syrup & Brown Sugar	½ c
WW Toast w/Butter	1 sl	100% Apple Juice	½ c	Turkey Sausage Pattie	1.9 oz	WG Chicken Pattie	1.9 oz	Turkey Bacon	1 sl
Chilled Orange	1 ea	Chilled Applesauce	½ c	Chilled Peaches	½ c	Chilled Apple	1 ea	100% Orange Juice	½ c
				Strawberry Smoothie	6 oz			Banana	1 ea
SNACK									
MON		TUE		WED		THU		FRI	
WG Goldfish Vanilla Graham Crackers Mozzarella Cheese Stick 100% Orange Juice		WG Elf Chocolate Graham Crackers Chilled Apple Milk		WG Mini Chocolate Chip Cookies Cheesestick Milk		WG Lil' Graham Cracker Squares Chilled Applesauce Milk		WG Rice Krispy Treats Chilled Apple 100% Apple Juice	

