



**Thursday, December 1**

**Main Line Entrées**  
(Choose 1)  
Carolina Style Pork BBQ on WG Bun  
Buffalo Chicken Wrap  
School Made Mac & Cheese w/Biscuit

**Vegetable Sides**  
(Choose 2)  
Steamed Broccoli  
Creamy Cole Slaw

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, December 2**

**Main Line Entrées**  
(Choose 1)  
Philly Cheese Steak Sub  
Smoked Turkey & Swiss Croissant  
Pizza Crunchers

**Vegetable Sides**  
(Choose 2)  
Baby Carrots w/Ranch Dip  
Savory Potato Wedges

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

# GERM WARFARE.

The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Monday, December 5**

**Main Line Entrées**  
(Choose 1)  
All Beef Hot Dog on WG Bun  
All American Sub w/Deli Pickle  
Pizza Dippers w/Pizza dipping Sauce

**Vegetable Sides**  
(Choose 2)  
Southern Baked Beans  
Crispy Tater Coins

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Tuesday, December 6**

**Main Line Entrées**  
(Choose 1)  
Honey Pork BBQ Rib on WG Bun  
Southwest Chicken Wrap  
Cheesy Beef Nachos

**Vegetable Sides**  
(Choose 2)  
Refried Beans w/Salsa & Cheese  
Golden Sweet Corn

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Wednesday, December 7**

**Main Line Entrées**  
(Choose 1)  
Ham, Egg & Cheese English Muffin  
Italian Deli Sub  
Breakfast for Lunch

**Vegetable Sides**  
(Choose 2)  
Seasoned Diced Potatoes  
"Sunset Sip" V-blend Juice

**Fruit Sides**  
(Choose 1)  
Cinnamon Baked Apples  
Fresh Whole Fruit

**Thursday, December 8**

**Main Line Entrées**  
(Choose 1)  
Popcorn Chicken Bites w/Breadstick  
Buffalo Chicken Wrap  
Spaghetti & Meatballs w/Breadstick

**Vegetable Sides**  
(Choose 2)  
Fresh Broccoli Salad  
California Vegetable Medley

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

**Friday, December 9**

**Main Line Entrées**  
(Choose 1)  
Potato Crusted Fish Fillet on WG Bun  
Smoked Turkey & Swiss Croissant  
Pizza Slice w/Selection of Toppings

**Vegetable Sides**  
(Choose 2)  
Baby Carrots w/Ranch Dip  
Crinkle Cut Potato Fries

**Fruit Sides**  
(Choose 1)  
Chilled Cupped Fruit  
Fresh Whole Fruit

## GRAB N' GO LUNCH MENU

**MONDAYS**  
CHIEF SALAD w/ GROUTONS & CRACKERS  
ALL AMERICAN CLUB SUB  
HUMMUS GUP PROTEIN PACK

**TUESDAYS**  
SOUTHWEST CHICKEN SALAD w/ TORTILLA CHIPS  
SOUTHWEST CHICKEN WRAP  
JIF GUP PROTEIN PACK

**WEDNESDAYS**  
\* ASIAN CHICKEN SALAD w/ PITA POINTS \*  
ITALIAN DELI SUB  
YOGURT GUP PROTEIN PACK

**THURSDAYS**  
BUFFALO CHICKEN SALAD w/ GROUTONS & CRACKERS  
BUFFALO CHICKEN WRAP  
HUMMUS GUP PROTEIN PACK

**FRIDAYS**  
LEMON HERB CHICKEN SALAD w/ CROISSANT  
SMOKED TURKEY & SWISS CROISSANT  
YOGURT GUP PROTEIN PACK

**DAILY**  
GRILLED OR BREADED CHICKEN SANDWICH  
SERVED WITH POTATOES AND PICKLE SPEAR  
PBJ UNCRUSTABLE COMBO MEAL

ALL GRAB N' GO MEALS INCLUDE A MINIMUM 1/2 CUP FRUIT OR VEGGIE  
ADDITIONAL FRUITS AND VEGETABLES AVAILABLE TO MEET 1/2 C FRUIT AND  
3/4 C VEG MINIMUM DAILY REQUIRED OFFERING. ALL MEALS INCLUDE 8oz MILK.

### BREAKFAST MENUS

<b>MONDAYS</b> Sausage Biscuit Pillsbury WG FRUDEL WG Pop Tart & Yogurt	<b>THURSDAYS</b> Breakfast Pizza Pillsbury WG Mini Cinnis Yogurt Parfait & Granola
<b>TUESDAYS</b> Breakfast Pizza Pillsbury WG MINI PANCAKES Yogurt Parfait & Granola	<b>FRIDAYS</b> Bacon, Egg & Cheese Sandwich Pillsbury WG MINI PANCAKES WG Pop Tart & Yogurt
<b>WEDNESDAYS</b> Breakfast Chicken Slider Pillsbury WG FRUDEL WG Muffin & Yogurt	Assorted Cold Cereals & Grahams offered daily  Breakfast Includes: Breakfast Entrée, Fruit Juice, 1 Serving of Fruit, 1% or Fat Free Milk

*Menu selections may change based on product availability*

## NUTRITION TO GO

Baked Beans may seem a little old-fashioned these days, but they're convenient, tasty, and a nutritional powerhouse. One half-cup delivers 7 grams of fiber – that's about 30% of the Recommended Daily Allowance – along with good amounts of iron and other vitamins and minerals. And they're super-low in saturated fat and cholesterol, too!

**A TASTY MORSEL FOR PARENTS**

