

Thursday, December 1

**Lunch Entrée**

School Made  
Macaroni & Cheese

**Lunch Sides**

(All Included)

Steamed Broccoli  
Applesauce

1% or Fat Free White Milk

Friday, December 2

**Lunch Entrée**

Pizza Crunchers

**Lunch Sides**

(All Included)

Golden Sweet Corn  
Diced Strawberries

1% or Fat Free White Milk

# 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

**Lunch Entrée**

All Beef Hot Dog on WG Bun

**Lunch Sides**

(All Included)

Southern Style Baked Beans  
Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, December 6

**Lunch Entrée**

Pork BBQ Flatbread Sandwich

**Lunch Sides**

(All Included)

California Vegetable Medley  
Fresh Orange Wedges

1% or Fat Free White Milk

Wednesday, December 7

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes  
Applesauce

1% or Fat Free White Milk

Thursday, December 8

**Lunch Entrée**

Chicken Patty on WG Bun

**Lunch Sides**

(All Included)

Golden Sweet Corn  
Diced Peaches

1% or Fat Free White Milk

Friday, December 9

**Lunch Entrées**

Fun Fish Nuggets w/Corn Muffin

**Lunch Sides**

(All Included)

Crinkle Cut Oven Fries  
Fresh Apple Slices

1% or Fat Free White Milk



## Available Daily for Lunch

Ham & Cheese Sandwich  
Or

Turkey & Cheese Sandwich

Sandwiches made with  
Pepperidge Farm Goldfish Bread



*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**

## BREAKFAST MENUS

**DECEMBER 1-2 & 12-16**

**MONDAY: CEREAL & ELF GRAHAMS**

**TUESDAY: CEREAL & STRING CHEESE**

**WEDNESDAY: PILLSBURY WG MINI  
PANGAKES**

**THURSDAY: CEREAL & ELF GRAHAMS**

**FRIDAY: YOGURT & GIANT GOLDFISH GRAHAMS**

**DECEMBER 5-9**

**MONDAY: CEREAL & STRING CHEESE**

**TUESDAY: YOGURT & WG MUFFIN**

**WEDNESDAY: PILLSBURY WG MINI  
PANGAKES**

**THURSDAY: BREAKFAST CHICKEN SLIDER**

**FRIDAY: CEREAL & ELF GRAHAMS**

**BREAKFAST INCLUDES:**

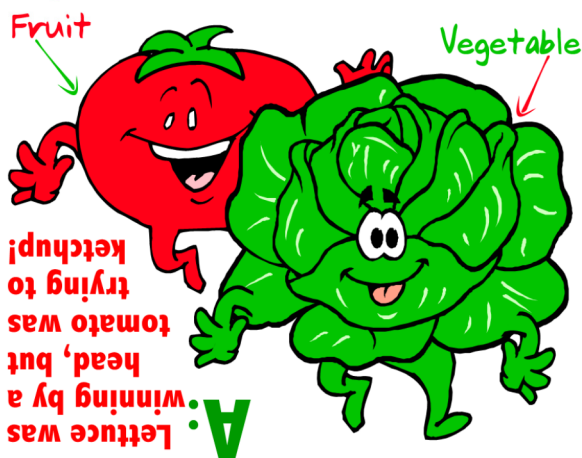


A JOB IN YOUR CHILD'S SCHOOL CAFETERIA ALLOWS YOU TO BE AT HOME WHEN YOUR FAMILY NEEDS YOU THERE. CALL TODAY FOR MORE INFORMATION!

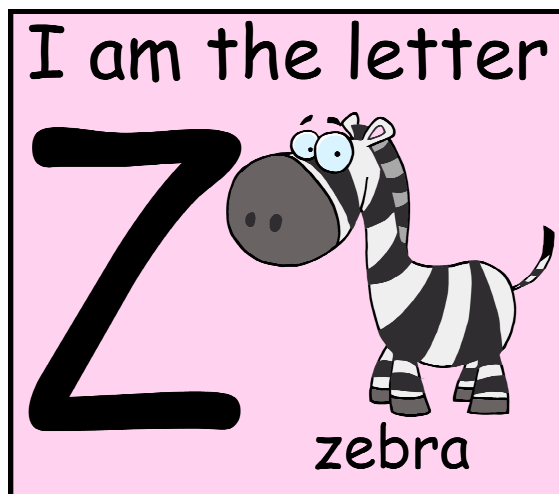
(434) 515-5060



**Q:** What happened in the race between lettuce and tomato?



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**Monday, December 12**

**Lunch Entrées**

Corn Dog Nuggets

**Lunch Sides**

(All Included)

Lima Beans

Diced Strawberries

1% or Fat Free White Milk

**Tuesday, December 13**

**Lunch Entrée**

Chicken Tenders

**Lunch Sides**

(All Included)

Seasoned Pinto Beans

Fresh Apple Slices

1% or Fat Free White Milk

**Wednesday, December 14**

**Lunch Entrée**

Shrimp Poppers

**Lunch Sides**

(All Included)

Green Beans

Mixed Fruit

1% or Fat Free White Milk

**Thursday, December 15**

**Lunch Entrée**

Chicken Nuggets

**Lunch Sides**

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

**Friday, December 16**

**EARLY DISMISSAL**

**Lunch Entrée**

Pizza Crunchers

**Lunch Sides**

(All Included)

Crunchy Cucumber Wheels

Diced Freestone Peaches

1% or Fat Free White Milk



**HOLD ON TIGHT!**

**Last day of school:  
Friday, December 16  
Classes resume:  
Tuesday, January 3**

**We'll see you in 2017!**