



Menu

December 2018

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
3	Main: Chicken Patties Sandwich Side: Garden Salad Fruit: Mixed Fruit or Watermelon Vegetarian: Veg.Grilled Cheese Sanwich	4 Main: Fettucine Alfredo Side: Steamed Green Beans Fruit: Bananas or Pineapple Vegetarian: Veg: Linguine w Alfredo Sauce	5 Main: Mozzarella Cheese Sticks Side: Steamed Baby Carrots Fruit: Peaches or Grapes Vegetarian: Veg: Mozzarella Cheese Stick	6 Main: Grilled Cheese Side: Potato Soup Fruit: Apples or Tropical Fruit Vegetarian: Veg: Grilled Cheese & Potato Soup	7 Main: Lentil & Rice Pilaf w.Turkey Sausage Side: Peas & Carrots Fruit: Orange or Mandarin Vegetarian: Veg: Veggie Lentil & Pilaf
10	Main: Cheese Quesadillas Side: Corn & Black Beans Fruit: Mixed Fruit or Watermelon Vegetarian: Veg: Veggie Quesadillas	11 Main: Spaghetti w Bolognese Sauce Side: Chef Salad Fruit: Bananas or Pineapple Vegetarian: Veg: Spaghetti w Garden Sauce	12 Main: Polenta w. Turkey Sauge Side: Carrots w. Tomato Sauce Fruit: Peaches or Grapes Vegetarian: Veg: Carrot w. Tomato Sauce Polenta	13 Main: Nachos Cheese & Grilled Chicken Side: Corn Fruit: Apples or Tropical Fruit Vegetarian: Veg: Nachos w Cheese	14 Main: Chicken & Turkey Sauge Paella Side: Mixed Vegetables Fruit: Orange or Mandarin Vegetarian: Veg:Veggie Paella
17	Main: Farfelle Pasta w Marinara Sauce Side: Seasoned Green Beens Fruit: Mixed Fruit or Watermelon Vegetarian: Veg: Farfalle Pasta w Marinara	18 Main: Turkey & Cheese Taco Side: Lettuce & Tomato Salad Mix Fruit: Bananas or Pineapple Vegetarian: Veg: Bean & Cheese Taco	19 Main: Bake Chicken Nuggets Side: Mashed Potato Fruit: Peaches or Grapes Vegetarian: Veg: Cheese Sticks	20 Main: Grilled Cheese Sandwich Side: Tomato Soup & Salad Fruit: Apples or Tropical Fruit Vegetarian: Veg: Grilled Cheese Sandwich	21 Main: Teriyaki Chicken & Steamed Brown Rice Side: Peas & Carrots Fruit: Orange or Mandarin Vegetarian: Veg: Veg. Fried Rice
24	Main: MSSL CLOSED 	25 Main: MSSL CLOSED 	26 Main: Turkey & Cheese Sandwich Side: Chef Salad Fruit: Peaches or Grapes Vegetarian: Veg: Cheese Sandwich	27 Main: Hotdog (Chicken or Turkey) Side: Tater Tots Fruit: Apples or Tropical Fruit Vegetarian: Veg: Cheese Sandwich & Tater Tots	28 Main: Rigatoni w. Garden Sauce Side: Steamed Seasoned Beans Fruit: Orange or Mandarin Vegetarian: Veg:Rigatoni w. Garden Sauce
WEEKLY SNACKS					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins	Waffles w. Syrup	Raisin Bran Cereal	French Toast Sticks	Rice Crispy Cereal w. Milk
AM Snack:	Gold Fish	Pretzels	Yogurt	String Cheese & Cracker	Cheese Nips
PM Snack:	Applesauce with Graham Crackers	MSSL Trail Mix	Ritz Crackers	Vanilla Wafers	Friday Special Healthy Snack

Milk and water are served at each meal !!!