

# DECEMBER BREAKFAST

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods.

### MONDAY

3

- yogurt & granola

10

- yogurt & educational snacks

17

- yogurt & honey grahams

24

Christmas Eve

31

### TUESDAY

4

- apple cinnamon muffin

11

- plain bagel & cream cheese

18

- hot buttermilk pancakes (v)

25

Christmas Day

### WEDNESDAY

5

- cinnamon grahams & string cheese

12

- green chile breakfast burrito (v)

19

- autumn spice muffin

26

### THURSDAY

6

- cheerios & dipperdoodle bar

13

- strawberry pancake bowl (counts as 1 serving of fruit) (v)

20

- hot cinnamon toast bagel (v)

27

### FRIDAY

7

- zee ze's berry apple bar (df)

14

- apple cinnamon muffin

21

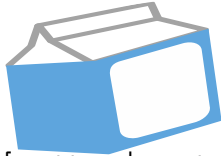
Winter Break

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# DECEMBER LUNCH

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**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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revolution foods.

### MONDAY

3 • chicken bites (df)

• chicken caesar wrap

o steamed corn

10 • bbq vegan "beef" calzoni (df)(v)

• chicken enchilada plate

o steamed corn

17 • chicken bites (df)

• ham & cheese sandwich

o green peas

24

Christmas Eve

31

### TUESDAY

4

• cheese pizza (v)

• ham & cheese sandwich

• sesame chicken salad

o glazed carrots

11 • jerk drumstick & pineapple carrot rice

• turkey & cheddar sandwich

o blanched broccoli (chilled)

18

• meatless italian "sausage" calzoni

• mighty meaty deli combo sandwich

o sliced cucumber

25

Christmas Day

### WEDNESDAY

5

• beef cheeseburger

Domino's Cheese pizza

o lettuce & tomatoes with ranch

12

Domino's Cheese pizza

o grape tomatoes & warm pinto beans

19

Domino's Cheese pizza

o lettuce & tomatoes with ranch

26

### THURSDAY

6

• bfast for lunch: pancakes & omelet (v)

• mighty meaty deli combo sandwich

o sliced cucumber

13

• the revolution dog (df)

• chillin' chinese chicken noodles

o sliced cucumber

20 • chicken taco trio

• turkey & cheddar sandwich

o glazed carrots

27

### FRIDAY

7

• creamy tomato curry with grilled chicken

• chicken salad sandwich (df)

o baby carrots & warm pinto beans

14

• green chile & cheese tamale (v)

• mighty meaty deli combo sandwich

o glazed carrots

21

Winter Break

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