

DATE MENU ITEMS SERVING SIZE CARBS. Grams

<b>Monday 12/3/18</b>	Breaded Chicken Patties	3 oz	12
	Pasta with Sauce	1 cup	49
	Green Beans	1/2 cup	4
	Garlic Bread Stick	1 each	9

<b>Tuesday 12/4/18</b>	Asian Chicken General Tso	4 oz	26
	Steamed Rice	1/2 cup	19
	Broccoli	1/2 cup	5
	Chow Mein Noodles	1/4 cup	9
	Fortune Cookie	1 each	4

<b>Wednesday 12/5/18</b>	Chicken Tenders	1 serving	17
	Macaroni Cheese	1/2 cup	26
	Mixed vegetable	1/2 cup	6
	Dinner Roll	1 each	15

<b>Thursday 12/6/18</b>	Beef Burrito Bowl	1 serving	59
	Mozzarella Cheese Sticks	6 each	27
	Marinara dipping sauce	4 oz	8
	Tossed Salad	1 cup	0

<b>Friday 12/7/18</b>	Pizza Pepperoni	1 slice	13
	PIZZA Cheese	1 slice	13
	Pizza Hawaiian	1 slice	21
	Pizza Meatlovers	1 slice	15
	Pizza Meatball	1 slice	14
	Pizza with Mushroom	1 slice	13
	Pizza Sausage and Bacon	1 slice	14
	Pizza Chicken Teriyaki	1 slice	10
	Pizza with Sausage	1 slice	13
	Pizza Buffalo Chicken	1 slice	22
	Pizza with Bacon	1 slice	14
	Pizza BBQ Pork	1 slice	14
	Pizza BBQ Chicken	1 slice	14
	White Pizza with Chicken	1 slice	14
	Pizza with Peppers and Onions	1 slice	17
Caesar side Salad	1 cup	8	

<b>Monday 12/10/18</b>	Deluxe Chicken Pattie Sandwich	1 each	33
	Crinkle cut fries	4 oz	21
	Lettuce & Tomato	1 cup	0
	Carrots	1/2 cup	6

<b>Tuesday 12/11/18</b>	Japanese Teriyaki Chicken	4 oz	26
	Rice	1/2 cup	19
	Broccoli	1/2 cup	5
	Dinner Roll	1 each	15

<b>Wednesday 12/12/18</b>	Nachos with Meat and cheese	1 serving	37
	Corn	4 oz	16
	Refried beans	4 oz	22
	Spanish Rice	1/2 cup	19
	Salsa	1 tble	2
	Sour Cream	1 oz	1

<b>Thursday 12/13/18</b>	Beef Taco Shells	1 serving	16
	Black Beans	1/2 cup	19
	Spanish Rice	1/2 cup	19
	Cheese, Lettuce, Tomato	1/4 cup	0
	Mozzarella Cheese Sticks	6 each	27
	Marinara dipping sauce	4 oz	8
	Tossed Salad	1 cup	0

<b>Friday 12/14/18</b>	Pizza Pepperoni	1 slice	13
	PIZZA Cheese	1 slice	13
	Pizza Hawaiian	1 slice	21
	Pizza Meatlovers	1 slice	15
	Pizza Meatball	1 slice	14
	Pizza with Mushroom	1 slice	13
	Pizza Sausage and Bacon	1 slice	14
	Pizza Chicken Teriyaki	1 slice	10
	Pizza with Sausage	1 slice	13
	Pizza Buffalo Chicken	1 slice	22
	Pizza with Bacon	1 slice	14
	Pizza BBQ Pork	1 slice	14
	Pizza BBQ Chicken	1 slice	14
	White Pizza with Chicken	1 slice	14
	Pizza with Peppers and Onions	1 slice	17
Caesar side Salad	1 cup	8	

<b>Monday 12/17/18</b>	Bacon Cheese Burger	1 serving	24
	Crinkle cut fries	4 oz	21
	Lettuce & Tomato	1 cup	0
	Carrots	1/2 cup	6

<b>Tuesday 12/18/18</b>	Asian Orange Chicken	4 oz	27
	Steamed Rice	1/2 cup	19
	Broccoli	1/2 cup	5

	Chow Mein Noodles	1/4 cup	9
	Fortune Cookie	1 each	4

<b>Wednesday 12/19/18</b>	Pancakes	1 serving	37
	Pancake syrup	1 each	31
	Cheesy Scrambled eggs	1 serving	0
	Sausage Links	1 serving	0
	Tater tots	1/2 cup	17

<b>Thursday 12/20/18</b>	Hot dogs	1 serving	44
	Crinkle cut oven fries	1/2 cup	21
	Vegetarian Beans	1/2 cup	22

<b>Friday 12/21/18</b>	French Bread Pizza w. Pepperoni	1 slice	33
	French Bread cheese Pizza	1 slice	33
	Buttered Pasta	1 serving	49
	Caesar side Salad	1 cup	8

## OFFERED DAILY

## SERVING SIZE

## CARBS. Grams

OFFERED DAILY	SERVING SIZE	CARBS. Grams
Chicken Caesar Wrap	1 serving	75
PBJ with Fluff	1 serving	61
PBJ	1 serving	51
Tuna Sub/wrap	1 serving	28/33
Turkey and Cheese Sub/wrap	1 serving	29/34
Ham and Cheese Sub/wrap	1 serving	30/35
Ham, Salami & Prov Sub/wrap	1 serving	31/36
Salami & cheese Sub/wrap	1 serving	30/35
Buffalo Chicken & Cheese Sub/wrap	1 serving	29/34
Egg salad Sub	1 serving	29
Bologna and Cheese	1 serving	30
Italian Sub	1 serving	32
Salad with Chicken with Roll	1 serving	28
Salad with Tuna and Roll	1 serving	26
Chef salad with Roll	1 serving	18
Breaded Chicken Pattie Sand	1 serving	33
Breaded Spicy Chicken Sand	1 serving	33
Cup of Beef Chili with cheese	1 serving	22
Tortilla chips	1 serving	31
Individual Pizza Round	1 serving	43