

# December 2017

## DES, PES & DCMS

### LUNCH



Panther Paw Pack offered everyday as an entrée choice. Mon-Wed-Fri PB & J Tues-Thurs Deli Ham or Turkey

This institution is an equal opportunity provider



#### LUNCH MEAL PATTERN

- 2 oz. grain (8 oz. minimum per week)
- 2 oz. meat/meat alternate (8-9 oz. minimum per week)
- 1 Cup vegetable daily (3 ¾ cups per week minimum)
- ½ cup fruit daily (2 ½ cups per week)
- 1 cup Milk daily



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chili w/crackers or  
Cheeseburger w/trimmings,  
Cheese Toast, Tater Triangles,  
Mixed Veggie cup, Fruit Choice,  
Milk 1

Taco w/soft shell Tortilla or  
Hot Dog, Lettuce Tomato Cheese,  
Whole Kernel Corn, Pinto Beans,  
Fruit Choice, Milk 4

Spaghetti w/Breadstick or  
Chicken Strip Sandwich, Baked  
Potato, Green Beans, Baby Carrots  
w/dip, Fruit Choice, Milk 5

Chicken Smackers w/roll or  
Pizza, Steamed Veggies, Mixed  
Romaine Salad w/Tomato, Tater Tots,  
Fruit Choice, Milk 6

BBQ Sandwich or Calzone, 7  
Baked Beans, French Fries, Creamy  
Coleslaw, Fruit Choice, Milk

Poppy Seed Chicken Casserole 8  
w/Roll or Hamburger w/trimmings,  
Broccoli w/Cheese, Black-eyed Peas,  
Mixed Veggie Cup, Fruit Choice, Milk

Chicken & Dumplings 11  
w/Cornbread or Corn Dog, White  
Beans, Sweet Potato Fries, Baby  
Carrots w/dip, Fruit Choice, Milk

Pork Roast or Chicken Strips, 12  
Roll, Green Beans, Creamy Corn,  
Mixed Romaine Salad w/Tomato,  
Fruit Choice, Milk

Turkey w/Gravy, Roll or 13  
Pizza, Mashed Potatoes, Green  
Peas, Fruit Choice, Milk

Managers Choice 14

Early Dismissal 15  
**No Breakfast or Lunch Served**

Christmas Break! 18

19



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First Day of Winter 21

22



Merry Christmas! 25

26

27



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Happy New Year! 29