


## December 2016

Served on Meat days:	Breakfast Daily:		Thursday 12/1	Friday 12/2
orange juice apple juice whole wheat bread	cereal lowfat milk nonfat milk		rice and lentils spanech jiben tossed salad whole wheat bread ice cream lowfat milk fresh apples	whole wheat challah rolls lite tuna salad cream cheese cucumbers lowfat milk applesauce
Served on Dairy days:	orange juice			
whole wheat bread lowfat milk nonfat milk	whole wheat bread jelly			
Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8	Friday 12/9
cold cut sandwiches potato knishes cole slaw and pickles lentil soup whole wheat bread orange juice	pita pizza steamed corn tossed salad whole wheat bread fresh bananas lowfat milk	roasted chicken mashed potato green beans tossed salad whole wheat bread orange juice slcied peaches	macaroni and cheese steamed baby carrots tossed salad whole wheat bread fresh apples lowfat milk	lite tuna salad whole wheat pita bread sliced american cheese sliced cucumbers lowfat milk applesauce
Monday 12/12	Tuesday 12/13	Wednesday 12/14	Thursday 12/15	Friday 12/16
meat sauce spaghetti tossed salad green beans whole wheat bread orange juice pineapple tidbits	chef's tomato soup grilled cheese sandwiches sliced cucumbers lowfat milk whole wheat bread fresh oranges	chicken tenders roasted potatoes steamed broccoli whole wheat bread tossed salad sliced pears	baked ziti steamed broccoli tossed salad lowfat milk whole wheat bread sliced peaches	whole wheat pizza lite tuna salad sliced cucumbers applesauce lowfat milk
Monday 12/19	Tuesday 12/20	Wednesday 12/21	Thursday 12/22	Friday 12/23
hamburgers french fries tossed salad lite egg salad orange juice sliced peaches	scrambled eggs french toast tossed salad whole wheat bread lowfat milk pineapple tidbits	falafel pasta pesto israeli salad whole wheat pita bread lowfat milk fresh apples	fish sticks spaghetti w/ marinara sauce steamed cauliflower tossed salad lowfat milk fresh apples	lite tuna salad whole wheat challah rolls sliced american cheese sliced cucumbers lowfat milk applesauce
Monday 12/26	Tuesday 12/27	Wednesday 12/28	Thursday 12/29	Friday 12/30
<p>Hanukah No School</p> 	macaroni and cheese steamed broccoli lite tuna salad whole wheat bread lowfat milk fresh apples	roasted chicken mashed potatoes w/ gravy green beans tossed salad lite egg salad orange juice sufganiyot	chef's tomato soup grilled cheese sandwiches sliced cucumbers lowfat milk whole wheat bread fresh oranges	lite tuna salad whole wheat pita bread sliced american cheese sliced cucumbers lowfat milk applesauce