

December, January & February Nutrition Nibbles

* Did you know that our cafeteria is now known as the Nutrition Lab? We are educating our students in the proper types of foods to eat . . . ask your child about "Go, Slow & Whoa" foods!

* Breakfast each day features: Assorted Fresh Fruit; High Fiber/Low Sugar Cereal; Yogurt Parfait; Choice of Milk; 100% Fruit Juice * Lunch each day features: Vegetation Station, Fruit, and Choice of Milk. *Adults Lunch \$3.25 - Breakfast \$2.00, ó \$1.00 Parfait

Monday	Tuesday	Wednesday	Thursday	Friday
Dec. 5 Feb. 6 & 27	Dec. 6, Jan. 17 Feb. 7 & 28	Dec. 7, Jan. 18 Feb. 8 & 29	Dec. 8, Jan 19 Feb. 9, March 1	Dec. 9, Jan. 20 Feb. 10, March 2
Breakfast Whole Grain Oatmeal Station	Breakfast Waffle Station	Breakfast Yogurt Station	Breakfast Pancake Station	Breakfast Grits Station
Lunch Beef Nachos Toasted Cheese Sandwich on Whole Wheat Bread Breadstick Pinto Beans Chicken Tortilla Soup	Lunch Grilled Chicken Sandwich Veggie Burger w/Cheese on Whole Wheat Bun Mixed Veggies Whole Wheat Roll Tomato Pasta Soup	Lunch Chicken Drumstick Baked Potato Creation Station Cornbread Lima Beans Carrot Ginger Soup	Lunch Cheeseburger w/Lettuce & Tomato on Whole Wheat Bun Lasagna Breadstick Broccoli Cheddar Soup	Lunch Pizza Vegetable Frittata w/Whole Wheat Breadstick Broccoli Vegetable Beef Soup
Monday	Tuesday	Wednesday	Thursday	Friday
Dec. 12, Jan. 2 & 23 Feb. 13	Dec. 13, Jan. 3 & 24 Feb. 14	Dec. 14, Jan. 4 & 25 Feb. 15	Dec. 15, Jan. 5 & 26 Feb. 16	Dec. 16, Jan. 6 & 27 Feb. 17
Breakfast Pancake Station	Breakfast Grits Station	Breakfast Waffle Station	Breakfast Oatmeal Station	Breakfast Yogurt Station
Lunch Teriyaki Chicken over Brown Rice Veggie Chili Corn Whole Wheat Breadstick Tomato Pasta Soup	Lunch Spaghetti w/Meatballs Black Bean Taco Vegetable Medley Breadstick Chicken Noodle Soup	Lunch Taco Salad Toasted Cheese on Whole Wheat Bread Steamed Green Beans Vegetable Beef Soup	Lunch Chicken Pot Pie Sub Sandwich on Whole Wheat Bun Peas & Carrots Roll Broccoli Cheddar Soup	Lunch Pizza BBQ Pork on Whole Wheat Bun Fresh Veggies Roll Chicken Tortilla Soup
Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 9 & 30	Jan. 10 & 31 Feb. 21	Jan. 11 Feb. 1 & 22	Dec. 1, Jan. 12 Feb. 2 & 23	Dec. 2, Jan. 13 Feb. 3 & 24
Breakfast Pancake Station	Breakfast Grits Station	Breakfast Waffle Station	Breakfast Oatmeal Station	Breakfast Yogurt Station
Lunch Pasta w/Chicken & Garlic Veggie Burger on Whole Wheat Roll Corn Roll Tomato Pasta Soup	Lunch Black Bean Cheeseburger on Whole Wheat Bun Macaroni & Cheese w/Broccoli Oranges & Pineapple Carrot Ginger Soup	Lunch Oven Roasted Chicken Stuffed Shells Whole Wheat Breadstick Green Beans Vegetable Beef Soup	Lunch Turkey Wrap Enchilada Pie Baked Sweet Potato Whole Wheat Roll Chicken Rice Soup Apples & Peaches Tomato Basil Soup	Lunch Pizza Veggie Quesadilla Steamed Carrots Whole Wheat Roll Chicken Vegetable Soup

* Menu subject to change.