



# DECEMBER | 2017

## CARROLL JR./SR. HIGH

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
|   |  |   |   | <b>1</b> Pancake Wrap/Fruit/Milk<br><br>Cheese Breadsticks<br>Marinara Sauce<br>Spinach Salad<br>Mandarin Oranges<br>Milk<br>Choice—Salad Bar                               |
| <b>4</b> Choc. Oatmeal Bar/Yogurt<br>Fruit/Milk<br>Parmesan Chicken over<br>Spaghetti<br>California Blend Vegetables<br>Fresh Broccoli<br>Peaches<br>Milk<br>Choice—Salad Bar | <b>5</b> Breakfast Pizza/Fruit/Milk<br><br>French Toast/Sausage Links<br>Sweet Potato Cubes<br>Cherry Tomatoes<br>Strawberries<br>Milk<br>Choice—Salad Bar | <b>6</b> M. Pancakes/Fruit/Milk<br><br>Pepperoni Pizza<br>Green Beans & Celery<br>Applesauce<br>Cookie<br>Milk<br>Choice—Salad Bar        | <b>7</b> Pop Tart/String Cheese<br>Fruit/Milk<br><br>Hot Ham & Cheese Sub<br>AuGratin Potatoes<br>Fresh Cauliflower<br>Fruit Cocktail<br>Milk<br>Choice—Salad Bar | <b>8</b> Bosco Breakfast Stick<br>Fruit/Milk<br>Beef Taco (Meat & Cheese)<br>Tortilla Shell<br>Romaine Salad/Dressing<br>Refried Beans<br>Pears<br>Milk<br>Choice—Salad Bar |
| <b>11</b> Choc. Oatmeal Bar/Yogurt<br>Fruit/Milk<br>Corn Dog<br>Sweet Potatoes Fries<br>Celery Sticks<br>Peaches<br>Milk<br>Choice—Salad Bar                                  | <b>12</b> Breakfast Pizza/Fruit/Milk<br><br>Chicken & Noodles<br>Mashed Potatoes & Peas<br>Fruit Cocktail<br>Roll/Butter<br>Milk<br>Choice—Salad Bar       | <b>13</b> M. Pancakes/Fruit/Milk<br><br>Burrito<br>Salsa<br>Mexican Black Beans<br>Apple Crisp<br>Milk<br>Choice—Salad Bar                | <b>14</b> Cereal Bar/String Cheese<br>Fruit/Milk<br>Chicken Strips<br>Green Beans & Baby Carrots<br>Pineapple<br>Bread/Butter<br>Milk<br>Choice—Salad Bar         | <b>15</b> Pancake Wrap/Fruit/Milk<br><br>Spaghetti/Meat Sauce<br>Steamed Broccoli<br>Fresh Veggies<br>Pears<br>Breadstick<br>Milk<br>Choice—Salad Bar                       |
| <b>18</b> Choc. Oatmeal Bar/Yogurt<br>Fruit/Milk<br><br>Tenderloin/Bun<br>Cauliflower & Baby Carrots<br>Peaches<br>Milk<br>Choice—Salad Bar                                   | <b>19</b> Breakfast Pizza/Fruit/Milk<br><br>Popcorn Chicken/Gravy<br>Mashed Potatoes & Corn<br>Red Grapes<br>Soft Pretzel<br>Milk<br>Choice—Salad Bar      | <b>20</b> M. Pancakes/Fruit/Milk<br><br>Nachos (Meat & Cheese)<br>Tostidos<br>Refried Beans & Salsa<br>Banana<br>Milk<br>Choice—Salad Bar | <b>21</b> Pop Tart/String Cheese<br>Fruit/Milk<br><br>Grilled Chicken/Bun<br>Steamed Carrots<br>Applesauce<br>Christmas Cookie<br>Milk<br>Choice—Salad Bar        | <b>22</b>   |
| <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b>   | <b>29</b>   |

### News

**Please check your  
Child's lunch account.**

**December 22<sup>nd</sup>-January 5<sup>th</sup>  
Christmas Vacation**

**MERRY CHRISTMAS  
&  
HAPPY  
NEW YEAR!!!**

**Don't forget to eat  
plenty of Fruits and  
Vegetables which provide  
Vitamin C for your body,  
and will keep you healthier  
during the winter months!**