

# South Range Elementary Lunch Menu-December 2018

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EQUAL OPPORTUNITY  
PROVIDER

**What Makes a Meal?**  
You must choose at least 3 of 5 components available for the school lunch price.  
Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk  
*\*Students must choose at least one fruit or vegetable*



**Fresh Fruits and Vegetables Offered Daily**  
**\*Vegetables include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
**\*May choose two 1/2 cup servings**  
**\*Fruits include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
**\*May choose 1/2 cup serving**



**Milk Choices Offered Daily**  
Fat Free Chocolate,  
Fat Free Strawberry,  
Fat Free White and  
Low Fat White  
**Lunch Prices:  
Paid \$2.75  
Reduced \$.40**

\*\*Bottled Water is extra.. Cups will be available at the cash register for water from the fountain at no charge.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	<b>Hot Dog w/Toppings</b> Seasoned Carrots Blueberry Cup Choice of Milk	<b>4 Hard Shell Beef &amp; Cheese Taco</b> Seasoned Black Beans Cinnamon Apple Slices Choice of Milk	<b>5 Toasted Ham &amp; Cheese Sandwich</b> Tater Tots Fresh Apple Choice of Milk	<b>6 Extra Treat Thursday!</b> <b>Creamy Macaroni &amp; Cheese w/Roll</b> Seasoned Peas Fresh Orange Choice of Milk	<b>7 Square Cheese Pizza</b> Steamed Broccoli Diced Pears Choice of Milk
10	<b>10 Giant Soft Pretzel w/ Cheese</b> BBQ Baked Beans Sliced Pears Choice of Milk	<b>11 Popcorn Chicken w/Rice &amp; Breadstick</b> Seasoned Carrots Fresh Apple Choice of Milk	<b>12 Rotini &amp; Meatballs w/ Dinner Roll</b> Seasoned Green Beans Fresh Orange Choice of Milk	<b>13 Extra Treat Thursday!</b> <b>Pizza Hut Pizza!</b> (Cheese or Pepperoni) Garden Salad Mixed Tropical Fruit Choice of Milk 	<b>14 Grinch Day!</b> <b>Grinch Bread (French Toast Sticks)</b> <b>Who Hash (Hash Brown)</b> <b>Green Grinch Grapes</b> Choice of Milk <b>*Whoville Treat!</b> 
17	<b>17 Extra Cheesy Cheeseburger</b> Tater Tots Fresh apple Choice of Milk	<b>18 Beef &amp; Cheese Nachos</b> Cheesy Refried Beans Diced Pineapple Choice of Milk	<b>19 Chicken Nuggets w/ Bread Slice</b> Sweet Potato Bites Cinnamon Applesauce Choice of Milk	<b>20 Extra Treat Thursday!</b> <b>Penne Pasta w/Meat Sauce &amp; Garlic Bread Stick</b> Fresh Salad Mandarin Oranges Choice of Milk	<b>21 No School</b>
24	<b>24 No School</b>	<b>25 Merry Christmas!</b> <b>No School</b> 	<b>26 No School</b>	<b>27 No School</b>	<b>28 No School</b>
31	<b>31 No School</b>	 <b>Whole Grains Available Daily</b>			
	<b>SECOND OPTION: Monday Chicken Tenders w/Bread</b>	<b>SECOND OPTION: Tuesday Fiestada Pizza</b>	<b>SECOND OPTION: Wednesday Mini Corn Dog Nuggets</b>	<b>SECOND OPTION: Thursday Hot Dog on a Bun</b>	<b>SECOND OPTION: Friday Munchable!</b>