

Flossmoor School District 161

December 2018 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	December 3 Hot Dog Ketchup / Mustard Baked Beans Sliced Red Peppers / Dressing Fresh Pear	December 4 Breaded Cheese Sticks+ Marinara Dipping Sauce Fresh Broccoli / Dressing Dinner Roll Mandarin Orange	December 5 Early Dismissal	December 6 Pizza Dippers Marinara Sauce Spinach Salad / Dressing Dinner Roll Fresh Apple	December 7 French Toast with Turkey Sausage & Syrup Hash Browns Vegetable Juice Fresh Orange
	December 10 Chicken Nuggets BBQ Sauce / Ketchup Baked Beans Cauliflower Florets / Dressing Dinner Roll Pear Cup	December 11 Spaghetti & Meatballs Sliced Cucumbers Fresh Orange	December 12 Hot Dog Ketchup / Mustard French Fries / Ketchup Celery Sticks / Dressing Peach Cup	December 13 Cheese Pizza+ Sliced Cucumbers Fresh Baby Carrots / Dressing Fresh Pear	December 14 Chicken Parmesan with Pasta Spinach Salad / Dressing Fresh Apple
	December 17 Pancakes with Turkey Sausage & Syrup Hash Browns Vegetable Juice Mandarin Orange	December 18 Cheeseburger Ketchup / Mustard Vegetarian Beans Cherry Tomatoes Fresh Pear	December 19 Popcorn Chicken BBQ Sauce / Ketchup French Fries / Ketchup Fresh Baby Carrots / Dressing Fresh Apple	December 20 Corn Dog Ketchup / Mustard Broccoli Celery Sticks / Dressing Fresh Melon	December 21 Winter Break Starts



+ = Meatless selection
 Skim & 1% white milk served with lunch each day
 Milk served with lunch contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

Color Me Red

Last month, we introduced the five fruit and vegetable color groups. The color for December is **red**. Red fruits and vegetables are packed with disease-fighting lycopene. Lycopene helps to reduce the risk of certain cancers and heart disease. Red produce includes tomatoes, strawberries, red apples, radishes, and beets. Be creative in figuring out ways to add this valuable color group to your meals and snacks.

