

Parker Junior High December 2018 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Salad Special: Chicken Caesar Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Fresh Pear	December 3 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	December 4 Beef Sloppy Joe on a Bun* Baby Carrots Mixed Fruit	December 5 No Lunch	December 6 Boneless Chicken Wings with BBQ Dipping Sauce Scalloped Potatoes Green Beans Applesauce	December 7 Handcrafted Mac & Cheese* Green Peas Pears
Weekly Salad Special: Crispy Chicken Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Grapes	December 10 Chicken Soft Tacos on Tortillas* with Garnish Cup & Salsa Refried Beans California Blend Veggies Peaches	December 11 BBQ Rib Sandwich on a Bun**^ Corn Mixed Fruit	December 12 Greek-Style Chicken & Honey Wheat Dinner Roll* Brown Rice* Sliced Carrots Pineapple	December 13 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	December 14 Chicken with Cranberry Orange Sauce & Honey Wheat Dinner Roll* Roasted Sweet Potatoes Green Peas Snickerdoodle Cookies Pears
Weekly Salad Special: Chef Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Bananas	December 17 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	December 18 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	December 19 Chicken Corn Dog* Corn Kettle-Baked Beans Pineapple	December 20 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	December 21 No School



Available Each Day: Rainbow Variety Bar, Entrée Salads, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Freshly Prepared Additional Entrées Offered Daily

All-American Cheeseburger* / Classic Hamburger* / Spicy Chicken Sandwich* / Grilled Chicken Breast Sandwich* / Pizza* (Big Daddy's extra cheesy Monday-Friday/ Buffalo chicken on Mondays, Wednesdays & Fridays / 4-meat on Tuesdays & Thursdays)

Fresh Deli Sandwiches Served Every Day on a Rotating Basis

Turkey & Cheese* / Roast Beef & Cheddar* / Turkey Ham & Cheese* / Sedona Turkey Sub* / Tuna Salad* served on a rotational basis

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / 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.

