



**DECEMBER 2018: Pre-K - 8 Breakfast Menu**

| Monday           | Tuesday      | Wednesday        | Thursday          | Friday       |
|------------------|--------------|------------------|-------------------|--------------|
| JUMPSTART MONDAY | EGG SANDWICH | FROM THE GRIDDLE | NEW YORK THURSDAY | BAKERY FRESH |

3 4 5 New York Thursday 6 7

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| <p><b>Honey Corn Muffin</b></p> <p>Land O'Lakes® Cheddar Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Turkey Canadian Bacon, Egg &amp; Cheese on a Whole Grain Bagel</b></p> <p>Organic Stonyfield® Yogurt</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>French Toast Dippers</b><br/>Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>100% Fruit Juice<br/>Fresh New York Apples</p> | <p><b>Cheese Omelet</b></p> <p>English Muffin</p> <p>Back to the Roots® Purple Corn Flakes</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> |
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10 11 12 New York Thursday 13 14

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| <p><b>Blueberry Muffin</b></p> <p>Land O'Lakes® Mozzarella Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Turkey Sausage Crumble, Egg &amp; Cheese on Clabatta Bread</b></p> <p>Organic Stonyfield® Yogurt<br/>Honey Roasted Sunflower Seeds</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Cinnamon Burst Pancakes</b><br/>Served with Syrup</p> <p><b>Turkey Canadian Bacon</b></p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>100% Fruit Juice<br/>Fresh New York Apples</p> | <p><b>Tasty Waffles</b><br/>Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p>Back to the Roots® Cinnamon Cluster</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> |
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| <p><b>Apple Cinnamon Muffin</b></p> <p>Land O'Lakes® Colby Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Egg &amp; Turkey Sausage Sandwich on an English Muffin</b></p> <p>Organic Stonyfield® Yogurt<br/>Served with Craisins &amp; Granola</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Buttermilk Pancakes</b><br/>Served with Syrup</p> <p><b>Turkey Canadian Bacon</b></p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Yogurt Parfait</p> <p>100% Fruit Juice<br/>New York Apple Slices</p> | <p><b>Cheese Omelet</b></p> <p><b>Hot Cinnamon Knot</b></p> <p>Back to the Roots® Purple Corn Flakes</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> |
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Winter Recess 24 Winter Recess 25 Winter Recess 26 Winter Recess 27 Winter Recess 28

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| <p><b>Honey Corn Muffin</b></p> <p>Land O'Lakes® Cheddar Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>Turkey Canadian Bacon, Egg &amp; Cheese on a Whole Grain Bagel</b></p> <p>Organic Stonyfield® Yogurt</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>French Toast Dippers</b><br/>Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> | <p><b>New York Bagel Thursday</b></p> <p>Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese &amp; Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>100% Fruit Juice<br/>Fresh New York Apples</p> | <p><b>Cheese Omelet</b></p> <p>English Muffin</p> <p>Spiced Oatmeal</p> <p>Back to the Roots® Purple Corn Flakes</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> |
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Winter Recess 31

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| <p><b>Blueberry Muffin</b></p> <p>Land O'Lakes® Mozzarella Cheese Stick</p> <p>100% Fruit Juice<br/>Fresh Fruit</p> |
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EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

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| <p><b>Milk</b></p> <p>1% Low-fat Fat Free<br/>Fat Free Chocolate</p> <p>Grab and Go Breakfast Pack</p> | <p><b>Fresh Fruit</b></p> <p><b>Canned Fruit</b><br/>Peaches, Pears, Pineapples</p> | <p><b>OFFERED DAILY</b></p> <p>No Artificial Flavors, Colors, or Sweeteners in all School Food Products</p> <p>Pre-K - 8 Breakfast Menu</p> | <p><b>100% Fruit Juice</b><br/>Apple, Fruit Punch, Grape, Orange</p> <p><b>Breakfast Dipper Sauces:</b><br/>Fruitful, Hot Sauce, Salsa</p> | <p><b>Cold Cereal Choices:</b><br/>Fibrous Mini-Wheats, Cornflakes, Multi-Grain Cheerios, Toast-O's, Back to the Roots® Organic Purple Corn Flakes &amp; Cinnamon Cluster</p> |
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**ATTENTION:**

All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS



## DECEMBER 2018: Pre-K - 8 Lunch Menu

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <b>JUMPSTART MONDAY</b>   | <b>BURGER</b>   | <b>CHICKEN</b>   | <b>NEW YORK THURSDAY</b>   | <b>PIZZA</b>  |
| 3   | 4   | 5  | New York Thursday 6  | 7   |
| <b>Veggie Tacos</b><br>A Blend of Veggies & Mexicali Beans<br>Served in a Hard Taco Shell<br><br>Sweet Plantains<br><br><i>Salad Bar</i><br>Taco Station                                | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br><br>Turkey Burgers<br><br>Bruschetta Tomato Salad<br><br>French Fries<br><br><i>Salad Bar</i><br>Burger Fixin's                  | <b>Crispy Chicken Waffle Sandwich</b><br><br>Home Fries<br><br>Creamed Spinach<br><br><i>Salad Bar</i><br>Traditional                      | <b>Jamaican Beef Patty</b><br><br><b>Fish &amp; Cheese Sandwich</b><br><br>Roasted Zucchini<br><br>New York Chocolate Chip Cookie<br><br>New York Apple Slices<br><i>Salad Bar</i><br>New York Local   | <b>Classic Cheese Pizza</b><br><br><b>Ranch Chicken Pizza</b><br><br>Garlic Knot<br>Marinara Sauce<br><br>Marinated Bean Salad<br><br><i>Salad Bar</i><br>Pizza Toppings  |
| 10  | 11  | 12   | New York Thursday 13   | 14  |
| <b>Grilled Cheese</b><br><br>Onion Rings<br><br>Garlicky Green Beans<br><br>Frito-Lay® SunChips®<br><br><i>Salad Bar</i><br>Garden Greens   | <b>100% Beef New York Hamburgers &amp; Cheeseburgers</b><br><br>Turkey Burgers<br><br>Sweet Potato Waffle Fries<br><br><i>Salad Bar</i><br>Burger Fixin's                           | <b>Mashed Potato Bowl</b><br><br>Garlic Toast<br><br>Broccoli Trees<br><br>New York Cookie Treat<br><br><i>Salad Bar</i><br>Traditional    | <b>Bite Size Beef Tacos</b><br>Served with<br>Baked! Tostitos® Scoops®<br><br>Stewed Pinto Beans<br><br>New York Apple Slices<br><br><i>Salad Bar</i><br>Taco Station                                  | <b>Classic Cheese Pizza</b><br><br><b>Supreme Pizza</b><br><br>Garlic Knot<br>Marinara Sauce<br><br>Crispy Kale Chips<br>Ranch Carrot Snacker<br><br><i>Salad Bar</i><br>Pizza Toppings                                 |
| 17  | 18  | 19   | New York Thursday 20   | 21  |
| <b>Mozzarella Sticks</b><br>Marinara Sauce<br><br>Pasta Choice<br><br>Slow Roasted Carrots<br><br>Frito-Lay® SunChips®<br><br><i>Salad Bar</i><br>Garden Greens<br><br>Winter Recess 24 | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br><br>Turkey Burgers<br><br>French Fries<br><br>Hot Confit® Corn<br><br><i>Salad Bar</i><br>Burger Fixin's<br><br>Winter Recess 25 | <b>Popcorn Chicken</b><br>Served With<br>Mac-n-Cheese<br><br>Broccoli Trees<br><br><i>Salad Bar</i><br>Traditional<br><br>Winter Recess 26 | <b>Chicken Dumplings</b><br>Served with<br>Vegetable Fried Rice & Egg Roll<br><br>New York Cookie Treat<br><br>Fresh New York Apples<br><br><i>Salad Bar</i><br>Local New York<br><br>Winter Recess 27 | <b>Classic Cheese Pizza</b><br><br><b>Meat Lovers Pizza</b><br><br>Garlic Knot<br>Marinara Sauce<br><br>Roasted Chickpeas with Spinach Cilantro Pesto<br><br><i>Salad Bar</i><br>Pizza Toppings<br><br>Winter Recess 28 |
| 24  | 25  | 26   | 27   | 28  |
| <b>Veggie Tacos</b><br>A Blend of Veggies & Mexicali Beans<br>Served in a Hard Taco Shell<br><br>Sweet Plantains<br><br><i>Salad Bar</i><br>Taco Station<br><br>Winter Recess 31        | <b>100% Beef New York Hamburgers &amp; Cheeseburgers</b><br><br>Turkey Burgers<br><br>Bruschetta Tomato Salad<br><br>French Fries<br><br><i>Salad Bar</i><br>Burger Fixin's         | <b>Crispy Chicken Waffle Sandwich</b><br><br>Home Fries<br><br>Creamed Spinach<br><br><i>Salad Bar</i><br>Traditional                      | <b>Jamaican Beef Patty</b><br><br><b>Fish &amp; Cheese Sandwich</b><br><br>Roasted Zucchini<br><br>New York Chocolate Chip Cookie<br><br>New York Apple Slices<br><i>Salad Bar</i><br>New York Local   | <b>Classic Cheese Pizza</b><br><br><b>Ranch Chicken Pizza</b><br><br>Garlic Knot<br>Marinara Sauce<br><br>Marinated Bean Salad<br><br><i>Salad Bar</i><br>Pizza Toppings  |
| <b>Grilled Cheese</b><br><br>Onion Rings<br><br>Garlicky Green Beans<br><br>Frito-Lay® SunChips®<br><br><i>Salad Bar</i><br>Garden Greens   |   |  |  |   |



EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

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|---|--|--|---|--|
| <b>Entree Alternatives</b><br>• PB&J Sandwich<br>• Cheese Sandwich<br>• Assorted Deli Sandwiches<br>• Hummus Grab & Go<br><br>• Grab and Go Salads<br>Available on Tuesday & Thursday | <b>Milk</b><br>1% Low fat<br>Fat Free<br>Fat Free Chocolate<br><br><b>Dipping Sauce Cups</b><br>BBQ, Ranch,<br>Honey Mustard | <b>OFFERED DAILY</b><br><br><b>Fresh Fruit</b><br><br>No Artificial Flavors, colors or sweeteners in all SchoolFood Products | <b>Dressings</b><br>Chipotle Ranch<br>Balsamic Vinaigrette<br>Ranch<br>Asian Sesame<br>Honey Mustard<br>Caesar<br>French<br>Italian Vinaigrette | <b>Flavor Station</b><br>Granulated Garlic<br>Red Pepper Flakes<br>Parmesan Cheese<br><br>Pre-K - 8 Lunch (2018) |
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**ATTENTION:**

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



**MENUS ARE SUBJECT TO CHANGE SCHOOLFOOD MENUS ARE PORK FREE**