

December 2018

K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cheese Quesadilla	Honey Mustard Chicken	WG Mini Corn Dogs	Chicken Nachos with Cheddar Cheese	Whole Grain Cheese Pizza
Carrots	Whole Grain Brown Rice	Baked Beans	WG Baked Tortilla Chips	Mixed Vegetables
Fruit	Broccoli & Cauliflower	Fruit	Corn	Fruit
Sour Cream PC	Fruit	Mustard	Fruit	
3	4	5	6	7
Whole Grain Chicken Nuggets	Whole Grain Macaroni & Cheese	Whole Grain Meat Calzone (Turkey & Beef)	Chicken w/Waffle	WG Turkey-Pepperoni Pizza
Baked Beans	Mixed Vegetables	Broccoli	Whole Grain Waffle	Carrots
Fruit	Fruit	Fruit	Home Fries	Fruit
BBQ Dipping Sauce			Fruit	
			w/Syrup	
10	11	12	13	14
Popcorn Chicken	Steak & Cheese Bomb	Turkey Tacos w/Cheese	Roast Beef w/Gravy	Whole Grain Cheese Pizza
Whole Grain Brown Rice	Whole Grain Sub Roll	w/Shredded Cheddar	Whole Grain Stuffing	Mixed Vegetables
Broccoli	Carrots	Whole Grain Soft Tortilla	Green Beans	Fruit
Fruit	Fruit	Black Beans & Corn	Fruit	
Sweet & Sour Dipping Sauce		Fruit		
17	18	19	20	21
Whole Grain Three Cheese Calzone	Holiday!	Teriyaki Chicken Drumsticks	Meatballs & Marinara Sauce (Turke y)	WG Turkey-Pepperoni Pizza
Broccoli & Cauliflower		Whole Grain Brown Rice	Whole Grain Pasta	Carrots
Fruit		Mixed Vegetables	Green Peas	Fruit
		Fruit	Fruit	
24	25	26	27	28
Hamburger				
Whole Wheat Bun				
Baked Beans				
Fruit				

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125

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Ketchup