

December BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
4	5	6	7	8
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Applesauce (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
11	12	13	14	15
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Apple * (1 c) Milk (8oz)
18	19	20	21	22
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Watermelon * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Applesauce (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	NO SCHOOL HOLIDAY BREAK
25	26	27	28	29
NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

December LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 All Beef Hot Dog (2 oz) Corn (1 c) Pineapple Chunks (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
4	5	6	7	8
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Corn (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Honeydew melon * (1 c) Milk (8 oz)	BBQ Chicken Sandwich (2 oz) Curried Chick Peas (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Turkey Burger (2 oz) Potato Wedges (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
11	12	13	14	15
Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Guava & Pineapple (1 c) Milk (8oz)	Hawaiian Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (3/4 c) Fresh Watermelon * (1 c) Milk (8oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Hamburger (3 oz) Corn (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
18	19	20	21	22
SCHOOL CLOSED EARLY DISMISSAL	SCHOOL CLOSED EARLY DISMISSAL	SCHOOL CLOSED EARLY DISMISSAL	SCHOOL CLOSED EARLY DISMISSAL	SCHOOL CLOSED EARLY DISMISSAL
25	26	27	28	29
SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

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All Fruit Juices are 100% Juice Harrisberg Dairy, PA Bowie Produce, Landover MD