

# December BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Pancake (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c)  Milk (8oz)	Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)  Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Banana * (1 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz)  Orange * (1 c)  Milk (8oz)
10	11	12	13	14
Pancake (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c)  Milk (8oz)	Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)  Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Banana * (1 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz)  Orange * (1 c)  Milk (8oz)
17	18	19	20	21
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)  Milk (8oz)	Vanilla Yogurt (4 oz)  Mandarin Orange Slices (1 c) Granola Topping (1/4 c)  Milk (8oz) Milk (8oz)	Whole Grain Muffin (2.25 oz)  Apple * (1 c)  Milk (8oz)
24	25	26	27	28
<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>
31				
<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>				

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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Guava & Pineapple (1 c) Whole Grain Hot Dog Roll (2 oz)  Milk (8 oz)	Chicken Tenders (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Water Melon * (1 c) Whole Grain Wheat Bread (2 slice)  Milk (8oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Peruvian Chicken (2 oz) Peruvian Brown Rice (1 c) w/ Red Kidney Beans (1/2 c) Diced Tomato (1/4 c) Corn (1/2 c) Sliced Peaches (1 c) Milk (8 oz)
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Hamburger (2 oz) Baked Beans (Veggie) (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Teri-Yaki Meatballs (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (1/2 c) Green Beans (1/4 c) Corn (1/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Wheat Sub Roll 6" (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Fresh Water Melon * (1 c) Milk (8oz)	Red Curry Chicken (1.5 oz) Curried Tomato Sauce (1/2 c) Brown Rice (yellowrecipe) (1/4 c) Curried Kidney Beans (1/2 c) Fresh Honeydew Melon * (1/4 c) Milk (6 oz)	Chicken Patty Sandwich (2 oz) Potato Wedges (1 c) Mandarin Orange Slices (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>NO LUNCH</b>	<b>NO LUNCH</b>	<b>NO LUNCH</b>	<b>NO LUNCH</b>	<b>NO LUNCH</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>	<b>SCHOOL CLOSED</b>  <b>WINTER BREAK</b>

<p style="text-align: right;">31</p> <p><b>SCHOOL CLOSED</b></p> <p><b>WINTER BREAK</b></p>				

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Harrisberg Dairy, PA

Bowie Produce, Landover MD