

# St. Hilary K-8 LunchSmart Menu December 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spotlight Fruit of the Week:</b> Fresh Pears					December 1  Handcrafted Mac & Cheese* and a Dinner Roll* Green Peas Pears
<b>Spotlight Fruit of the Week:</b> Grapes	December 4  Greek-Style Chicken Brown Rice* Green Beans Snickerdoodle Cookie* Peaches	December 5  BBQ Rib Sandwich on a Bun* <sup>^</sup> Corn Mixed Fruit	December 6  Grilled Chicken Sandwich* with Lettuce & Tomato Marinated Three-Bean Salad Pineapple	December 7  Spaghetti* with Turkey Meatballs and Marinara Broccoli Applesauce	December 8  French Toast Sticks* with Syrup and Turkey Sausage Baby Carrots Pears
<b>Spotlight Fruit of the Week:</b> Bananas	December 11  Chicken Tenders* with BBQ Dipping Sauce and a Breadstick* Broccoli Florets Peaches	December 12  Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Marinated Black Bean Salad Mixed Fruit	December 13  Turkey Ham & Cheese Panini* Baby Carrots Pineapple	December 14  Chicken with Cranberry Orange Sauce & Honey Wheat Dinner Roll* Roasted Sweet Potatoes Green Peas Snickerdoodle Cookie* Applesauce	December 15  Lasagna Roll-Up* and Garlic Bread* Capri Blend Veggies Pears
<b>Spotlight Fruit of the Week:</b> Fresh Pears	December 18  Oven-"Fried" Chicken Drumstick* and a Breadstick* Kettle-Baked Beans Corn Peaches	December 19  Meatball Sub* with Marinara & Mozzarella California Blend Veggies Mixed Fruit	December 20  Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple	December 21  Cheesy Beefy Macaroni* & Honey Wheat Dinner Roll* Sweet Potato Puffs Applesauce	December 22  <b>Half Day</b>

## You Snooze, You Win

Studies have shown that American kids and teens don't get enough sleep. Depending on a young person's age, between 8 and 12 hours of sleep are generally recommended each night. Catch your zzzs by avoiding big meals before bedtime, going to sleep at the same time every night, and not playing video games or watching TV right before you go to bed.

**Available Each Day: Salad and Fresh Fruit / Sunbutter & Jelly Sandwich\* with a Yogurt Cup / Skim and 1% White Milk Plus Fat-Free Chocolate Milk**

### Freshly Prepared Additional Entrées

- ▶ **Monday** – All-American Cheeseburger on a Bun\*
- ▶ **Tuesday** – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce
- ▶ **Wednesday** – Super Nachos\* & Salsa
- ▶ **Thursday** – Breaded Chicken Sandwich\*
- ▶ **Friday** – Pizza\* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer