

EMUFSD Middle School Lunch

December 2017

DECEMBER PROMOS:
Dec. 4th – 15th
Pepper-Parm Ranch Burger
Chipotle-Ranch Burger

Nachos Grande
Vegetarian Baked Beans
****Please note the additional daily items**

Homemade Mac and Cheese w/ WG Pasta
Roasted Broccoli
****Please note the additional daily items**

1
Spicy Chicken Patty Sandwich
Sweet Corn Kernels
****Please note the additional daily items**

4
General Tso's Chicken
Sweet Potato Fries
****Please note the additional daily items**

5
Meatball & Cheese Stromboli
Tomato Salad
****Please note the additional daily items**

6
Beef and Bean Burrito
Vegetarian Baked Beans
****Please note the additional daily items**

7
WG Rotini & Meatballs W/ Toasted Garlic Bread
Roasted Broccoli
****Please note the additional daily items**

8
Oven Baked BBQ Chicken
Baked Tater Tots
**** Please note the addition daily items**

11
Boneless Buffalo Wing
Sweet Potato Fries
****Please note the additional daily items**

12
Chili Turkey Hot Dog
Baked Tater Tots
****Please note the additional daily items**

13
Chicken Soft Tacos
Spicy Baked Beans
****Please note the additional daily items**

14
Pepperoni Calzone w/ Marinara Sauce
Green Beans
****Please note the additional daily items**

15
Chicken Patty BLT Sandwich
Sweet Corn Kernels
****Please note the additional daily items**

18
General Tso's Chicken
Sweet Potato Fries
****Please note the additional daily items**

19
Personal Pizza
Tomato Salad
****Please note the additional daily items**

20
Chicken & Cheese Quesadilla
Vegetarian Baked Beans
****Please note the additional daily items**

21
Turkey Bacon Cheeseburger on a WG Roll
Potato Wedges
****Please note the additional daily items**

22
Homemade Mac and Cheese w/ WG Pasta
Roasted Broccoli
****Please note the additional daily items**

25

26

27

28

29

WINTER RECESS
HAPPY HOLIDAY/ HAPPY NEW YEAR



Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines!

Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:

--Meat/Meat Alternate--Whole Grain Item--Fruit Choice--
--Vegetable Choice--Milk Choice--

****One of the choices MUST be a fruit or vegetable!****

Items with a (P) may contain pork.

****Available Daily:**

WG Bagel & RF String Cheese, LF Vanilla Fruit Yogurt Parfait, Pizza Choices, Deli Sandwiches, & Salad Choices

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch, Carrot Sticks, Celery Sticks, Romaine Salad, Rotating Hot Vegetable

1% White Milk, Fat-Free White, Fat-Free Chocolate