



Elementary Menu 2017

December



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<p>DAILY LUNCH PRICES \$2.55 Elementary \$3.50 Adult Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>					<p>1</p> <p>Popcorn Chicken or Crunchy Fish Sticks Baked Tater Tots Fresh Garden Bar Creamy Cole Slaw Chilled Strawberries & Blueberries Jello Jigglers</p>	<p>Cal 609 T.Fat 22.51 G S.Fat 4.5 G Chol 35.4 Mg Sodm 1040.77 Mg Carb 76.46 G Fiber 7.6 G Prtn 24.85 G Iron 3.04 Mg Calc 352.15 Mg Vit A 34.53 RE Vit C 22.49 Mg</p>
<p>4</p> <p>Mozzarella Sticks or BBQ Pork Rib* Sandwich Fresh Garden Bar Vegetarian Baked Beans Seasonal Fresh Fruit Chocolate Chip Cookie</p> <p>National Cookie Day</p>	<p>5</p> <p>Popcorn Chicken or Meatballs w/Gravy Mashed Potatoes w/Gravy Fresh Garden Bar Soft Baked Pretzel Rod Savory Corn Warm Cinnamon Apples</p>	<p>6</p> <p>Sub Sandwich or Cheesy Cheese Pizza Fresh Garden Bar California Blend Vegetables Sliced Peaches Scooby Doo Graham Snacks</p>	<p>7</p> <p>Two Hard Shell or 1 Soft Shell Taco or Macaroni & Cheese Mini Pretzel Bite Garden Bar, Green Beans Chilled Applesauce Cotton Candy Ice Cream Bar</p> <p>National Cotton Candy Day</p>	<p>8</p> <p>Large Corn Dog or Grilled Cheese Sandwich Potato Smiles Fresh Garden Bar Seasonal Fresh Fruit Assorted Juice Cup Ice Cream Sandwich</p>	<p>Cal 643 T.Fat 17.94 G S.Fat 6.0 G Chol 46.3 Mg Sodm 1023.27 Mg Carb 93.44 G Fiber 10.1 G Prtn 28.20 G Iron 4.32 Mg Calc 563.08 Mg Vit A 38.78 RE Vit C 21.82 Mg</p>	
<p>11</p> <p>Mandarin Orange Chicken or Dutch Waffle w/2 Breakfast Sausages* Fresh Garden Bar Pineapple Tidbits Fortune Cookie</p>	<p>12</p> <p>Italian Spaghetti w/Meat Sauce or Bosco Sticks Fresh Garden Bar Seasoned Green Beans Crisp Apple w/Caramel Dip</p>	<p>13</p> <p>Stuffed Crust Cheese Pizza or Trix Yogurt Cup w/Chocolate Chocolate Chip Muffin & String Cheese Fresh Garden Bar California Blend Vegetables Mandarin Oranges</p>	<p>14 Holiday Dinner</p> <p>Caroler's Chicken Nuggets or North Pole Roasted Pork* w/Gravy Merry Mashed Potatoes Evergreen Garden Bar Dancing Dinner Roll Scrooge's Savory Corn Ribbons of Strawberry Craisins Frosty Mint Fudge Ice</p>	<p>15</p> <p>Sloppy Joe Sandwich or Chicken Tenders Fresh Garden Bar Seasoned Peas & Carrots Sliced Peaches Keebler Disney Frozen Graham Snacks</p> <p>Strawberry Milk Day</p>	<p>Cal 605 T.Fat 16.07 G S.Fat 4.8 G Chol 48.1 Mg Sodm 821.68 Mg Carb 91.48 G Fiber 7.3 G Prtn 24.19 G Iron 3.38 Mg Calc 458.88 Mg Vit A 41.41 RE Vit C 21.92 Mg</p>	
<p>18</p> <p>Popcorn Chicken or Hot Dog Crispy Potato Wedges Fresh Garden Bar Country Blend Vegetables Chilled Pears Holiday Sugar Cookie</p>	<p>19</p> <p>Mini Chocolate Chip French Toast w/Scrambled Eggs or BBQ Pulled Pork* Sandwich Fresh Garden Bar Cheesy Broccoli Chilled Strawberries</p>	<p>20</p> <p> December Birthday Celebration Wild Mike's Cheese Pizza or Mini Corn Dogs Fresh Garden Bar Seasoned Green Beans Sliced Peaches Rice Krispie Treat</p>	<p>21</p> <p>Hamburger or Chicken Tenders Mini Tri-Taters Fresh Garden Bar Savory Corn Seasonal Fresh Fruit Berry & Bright Johnny Pop</p> <p>National Hamburger Day</p>	<p>22</p> <p>Pizza Dippers or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Assorted Juice Cup Vanilla Cupcake</p>	<p>Cal 641 T.Fat 17.81 G S.Fat 5.9 G Chol 67.6 Mg Sodm 880.74 Mg Carb 95.31 G Fiber 8.1 G Prtn 25.53 G Iron 3.74 Mg Calc 479.89 Mg Vit A 43.01 RE Vit C 21.42 Mg</p>	
<p>25</p> <p> WINTER BREAK</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p> HAPPY NEW YEAR</p>		
<p>Account Balance: Please access your account on-line at www.Germantownschools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.</p>						