



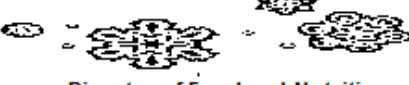


Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> 	<p>2</p> <p>Cheeseburger or Hot Dog Fresh Garden Bar Savory Corn Mixed Fruit Chocolate Cupcake</p> 	<p>3</p> <p>Two Hard or Soft Shell Tacos or 2 Pizza Dippers Fresh Garden Bar Cheesy Refried Beans Sliced Peaches Mini Raspberry Churro</p>	<p>4</p> <p>Italian Spaghetti w/Meat Sauce or Crispy Chicken O's Fresh Garden Bar Garlic Bread Sweet Carrot Coins Assorted Juice Cup</p> <p><b>NATIONAL SPAGHETTI DAY</b></p>	<p>5</p> <p>Macaroni &amp; Cheese or Chicken Nuggets Sweet Potato Fries Fresh Garden Bar Dinner Roll Chilled Pears Cotton Candy Ice Cream Bar</p>	<p>Cal 618 T.Fat 17.71 G S.Fat 5.7 G Chol 54.8 Mg Sodm 1051.98 Mg Carb 87.08 G Fiber 10.4 G Prtn 29.93 G Iron 4.85 Mg Calc 495.58 Mg Vit A 34.10 RE Vit C 11.45 Mg</p>
<p>8</p> <p>Mandarin Orange Chicken or Mini Corn Dogs Fresh Garden Bar Seasoned Broccoli Mandarin Oranges Fortune Cookie</p>	<p>9</p> <p>Chicken Tenders or Grilled Cheese Sandwich Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit Minion Graham Snacks</p>	<p>10</p> <p>Stuffed Crust Cheese Pizza or Trix Yogurt Cup, Chocolate Chocolate Chip Muffin &amp; String Cheese Fresh Garden Bar Steamed Peas Chilled Strawberries</p>	<p>11</p> <p>Chicken Nuggets or Salisbury Steak Mashed Potatoes w/Gravy Fresh Garden Bar Warm Cinnamon Roll Savory Corn Chilled Applesauce</p> <p><b>STRAWBERRY MILK DAY</b></p>	<p>12</p> <p><b>NO SCHOOL! TEACHER IN-SERVICE</b></p> 	<p>Cal 558 T.Fat 13.31 G S.Fat 3.5 G Chol 35.3 Mg Sodm 905.11 Mg Carb 84.13 G Fiber 7.2 G Prtn 25.16 G Iron 2.87 Mg Calc 488.06 Mg Vit A 34.44 RE Vit C 28.28 Mg</p>
<p>15</p> <p>5" Deep Dish Pizza or Crispy Chicken O's Crispy Potato Wedges Fresh Garden Bar Sliced Peaches Strawberry Ice Cream Cup</p> <p><b>NATIONAL STRAWBERRY ICE CREAM DAY</b></p>	<p>16</p> <p>Italian Spaghetti w/Meat Sauce &amp; Garlic Bread or Hot Dog Fresh Garden Bar Savory Corn Assorted Juice Cup</p>	<p>17</p> <p>Cinnamon French Toast w/2 Breakfast Sausages* or Chicken Patty Sandwich Crispy Mini Tri-Taters Fresh Garden Bar Chilled Pears</p>	<p>18</p> <p>Mini Cheese Ravioli w/Breadstick or Bosco Sticks Fresh Garden Bar Seasoned Broccoli Crisp Red Grapes Mini Powdered Sugar Donut</p>	<p>19</p> <p>Popcorn Chicken or Crunchy Fish Sticks Tater Gems Fresh Garden Bar Creamy Cole Slaw Chilled Strawberries &amp; Blueberries Bag of Kettle Style Popcorn</p> <p><b>NATIONAL POPCORN DAY</b></p>	<p>Cal 587 T.Fat 19.06 G S.Fat 5.2 G Chol 53.0 Mg Sodm 917.04 Mg Carb 79.73 G Fiber 7.5 G Prtn 26.90 G Iron 3.84 Mg Calc 488.71 Mg Vit A 38.78 RE Vit C 22.75 Mg</p>
<p>22</p> <p>Mozzarella Sticks or Mini Maple Pancakes w/Scrambled Eggs Fresh Garden Bar Steamed Peas Chilled Pears Strawberry Banana Johnny Pop Smoothy Bar</p> 	<p>23</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>24</p> <p>Cheesy Cheese Pizza or Sub Sandwich Fresh Garden Bar California Blend Vegetables Sliced Peaches Scooby Doo Graham Snacks</p>	<p>25</p> <p>2 Hard Shell or 1 Soft Shell Taco or Macaroni &amp; Cheese Fresh Garden Bar Mini Pretzel Bite Seasoned Green Beans Chilled Applesauce Assorted Sorbet</p>	<p>26</p> <p>Large Corn Dog or Chicken Nuggets Potato Smiles Fresh Garden Bar Seasonal Fresh Fruit Ice Cream Sandwich</p>	<p>Cal 615 T.Fat 17.11 G S.Fat 5.4 G Chol 48.9 Mg Sodm 983.85 Mg Carb 89.59 G Fiber 10.2 G Prtn 27.39 G Iron 4.40 Mg Calc 539.96 Mg Vit A 39.65 RE Vit C 29.20 Mg</p>
<p>29</p> <p>Mandarin Orange Chicken or Dutch Waffle w/2 Breakfast Sausages* Fresh Garden Bar Pineapple Tidbits Rice Krispie Treat</p> <p><b>DEC BIRTHDAY'S CELEBRATION</b></p>	<p>30</p> <p>Bosco Sticks or Mini Corn Dogs Seasoned Curly Fries Fresh Garden Bar Green Beans Crisp Apple Caramel Dip</p>	<p>31</p> <p>Stuffed Crust Cheese Pizza or Trix Yogurt Cup, Chocolate Chocolate Chip Muffin &amp; String Cheese Fresh Garden Bar Sweet Carrot Coins Chilled Strawberries &amp; Blueberries</p>	<p>The Food and Nutrition Department is accepting applications for ON-CALL SUBSTITUTES. If interested, please apply on the WE CAN website at: <a href="http://services.education.wisc.edu/wecan">http://services.education.wisc.edu/wecan</a> and click on support staff.</p>  <p><b>Director of Food and Nutrition:</b> Shelley Juedes - 262-253-3419</p>		<p>Cal 616 T.Fat 15.79 G S.Fat 5.0 G Chol 55.3 Mg Sodm 824.90 Mg Carb 96.28 G Fiber 6.8 G Prtn 21.97 G Iron 2.42 Mg Calc 525.15 Mg Vit A 39.90 RE Vit C 22.23 Mg</p>

**Account Balance:** Please access your account on-line at [www.Germantownschoools.org](http://www.Germantownschoools.org). Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.