



<h1>ABC School</h1>	<h1>December 2011</h1>
<h2>LUNCH</h2>	Prices : Student - \$XX

**SERVED DAILY AT EVERY HOT MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)**

Fresh Green **Salad** (1 per meal) - Lettuce Blend, Caesar, Spinach Mix, Oriental **OR** Greek (1/2 cup = 15 cal, 3 g carb, 1 g pro)  
 Low Fat Dressing/Dip (2 tbsp = 45 cal, 5 g fat)  
 Fresh **Veggies** (1 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)  
 Fresh **Fruit** (1 per meal) - Apple, Orange, Banana, Cantaloupe, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)  
**Variety of Milk**, including Skim (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Done Right Food</b> School &amp; Event Catering Services</p> <p><b>“Healthy Food, Healthy Message”</b> We provide wholesome, delicious, real food that helps teach the right message to children.</p>			<b>1st</b>	<b>2nd</b>
			Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk V - Same	Beef Stroganoff w/ Egg Noodles Salad, Veggies, Fruit, Milk V - 3 Cheese Penne
<b>5th</b>	<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b>
Beef Gyro Rice Pilaf Salad, Veggies, Fruit, Milk V - Hummus	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk V - Same	White Chicken Chili Corn Muffin Salad, Veggies, Fruit, Milk V - 3 Bean Chili	Beef Philly Roasted Potatoes Salad, Veggies, Fruit, Milk V - Multi-Cheese Pita Melt	Bean & Cheese Nachos Fruit Churro Salad, Veggies, Fruit, Milk V - Same
<b>12th</b>	<b>13th</b>	<b>14th</b>	<b>15th</b>	<b>16th</b>
Meatball Hoagie Potato Wedges Salad, Veggies, Fruit, Milk V - Grilled Cheese	Southwest Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk V - Mac & Cheese	Turkey Ala King Southern Biscuit Salad, Veggies, Fruit, Milk V - Vegetarian Ala King	BBQ Beef Sandwich Baked Beans Salad, Veggies, Fruit, Milk V - Egg Salad Sandwich	Baked Chicken Leg Deli Coleslaw & Roll Salad, Veggies, Fruit, Milk V - Cheese Penne Alfredo
<b>19th</b>	<b>20th</b>	<b>21st</b>	<b>22nd</b>	<b>23rd</b>
Chicken Fajita Wrap Spanish Rice Salad, Veggies, Fruit, Milk V - Bean & Rice Wrap	Swedish Meatballs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk V - Egg & Cheese Bagel	Italian Chicken on Ciabatta Greek Pasta Salad Salad, Veggies, Fruit, Milk V - Italian Cheese Sand	Spaghetti w/ Meatsauce French Bread Salad, Veggies, Fruit, Milk V - w/ Marinara Sauce	Multi-Cheese Pita Melt Rice Krispie Bar Salad, Veggies, Fruit, Milk V - Same
<b>26th</b>	<b>27th</b>	<b>28th</b>	<b>29th</b>	<b>30th</b>
<b>Winter Recess</b>	<b>Winter Recess</b>	<b>Winter Recess</b>	<b>Winter Recess</b>	<b>Winter Recess</b>

<h2>BREAKFAST</h2>	Price: Student - \$XX
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**SERVED DAILY AT EVERY HOT MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)**

Fruit Juice - Apple, Orange, or Grape (1/2 c = 60 cal, 15 g carb,)  
 Variety of **Milk**, including **Skim** (1/2 pint= 90 cal, 12 g carb, 8 g pro, > 1 g fat)

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal String Cheese Fruit Juice, Milk	Assorted Muffins Fruit Yogurt Fruit Juice, Milk	New York Bagel Cream Cheese & PB Fruit Juice, Milk	Mini Breakfast Loaves Cheese Stick Fruit Juice, Milk	Yogurt Parfait w/ Granola Fruit Juice, Milk

<h2>SNACK</h2>	Price: Student - \$XX
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Monday	Tuesday	Wednesday	Thursday	Friday
Chex Snack Mix Fruit Juice	Goldfish Crackers Fruit Juice	Cheese Stick Fresh Fruit	Animal Crackers Fruit Juice	Pretzels Fruit Juice

**MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS**  
 Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

**ANY QUESTIONS? CONTACT:**  
 School Office @ xxx-xxx-xxxx or  
**DONE RIGHT FOOD @ 651-702-5998 or www.donerightfood.com**