

# December 2018

## NHSD Elementary Lunch Menu

### Monday

**3**  
Cheesy Pizza Wedge w/wo Pepperoni  
Alt: Chicken Patty Sandwich  
Alt: Turkey & Cheese Shortie  
Honey Baked Beans  
Blue Raspberry/Lemon 100% Fruit Juice Sidekick  
Smoothie  
Assorted Milk

**10**  
Grilled Cheese Sandwich  
Alt: Popcorn Chicken w/wo Roll  
Alt: Turkey & Cheese Shortie  
Tomato Soup  
Steamy Broccoli  
Pineapple Tidbits  
Assorted Milk

**17**  
Chicken Tenders w/wo Waffles  
Alt: Munchable Pizza Lunch Kit  
Alt: Turkey & Cheese Shortie  
Steamy Green Beans  
Kiwi-Strawberry Sidekick  
Smoothie  
Assorted Milk

**24**

No School

**31**

No School

### Tuesday

**4**  
**Brunch for Lunch!**  
Pancakes w/wo Sausage  
Alt: Bacon, Egg & Cheese on Whole Grain Muffin  
Alt: Ham & Cheese Sandwich  
Tater Tots  
Chilled Applesauce  
Assorted Milk

**11**  
State Farm Corn Dog  
Alt: Mini Cheese Calzonettes  
Alt: Ham & Cheese Sandwich  
OB Curly Fries-Carrot Coins  
Chilled Applesauce Cup  
Assorted Milk

**18**  
**Brunch for Lunch!**  
French Toast w/wo Sausage  
Alt: Egg & Cheese on Whole Grain Muffin w/wo Sausage  
Alt: Ham & Cheese Sandwich  
Tater Tots  
Sliced Peaches  
Assorted Milk

**25**

No School

### Wednesday

**5**  
Big Daddy's Pizza  
Alt Burger w/wo Cheese  
Alt: Tuna Fish Sandwich  
Golden Corn  
Sweet Potato Bites  
Mixed Fruit Cocktail  
Assorted Milk

**12**  
Chicken Tenders  
Alt: Meatball Sub  
Alt: Tuna Fish Sandwich  
Steamy Green Beans  
Potato Smiles  
Mini WG Choc. Chip Cookies  
Mixed Fruit Cocktail  
Assorted Milk

**19**  
Beef & Cheese Nachos  
Alt: Stuffed Crust Pizza  
Alt: Tuna Fish Sandwich  
Golden Corn  
Cucumber Coins  
Sweet Pear Cup  
Assorted Milk

**26**

No School

### Thursday

**6**  
Spaghetti with plain or meat sauce  
Alt: Max Pizza Sticks w/wo Dipping Sauce  
Alt: Egg Salad Sandwich  
Garlic Bread  
Steamed Broccoli Bites  
Diced Sweet Peas  
Assorted Milk

**13**  
Beef Tacos Hard Shell  
Alt: Chicken Waffle Bites  
Alt: Tuna Fish Sandwich  
Golden Corn  
Brown Rice  
Sliced Peaches  
Assorted Milk

**20**  
Oven Baked Turkey Stuffing  
Mashed Potatoes w/wo Gravy  
Cranberry Sauce  
Green Beans  
Apple Pie Water Ice  
Assorted Milk

**27**

No School

### Friday

**7**  
Breaded Fish Ocean Shapes  
Alt: Chicken Drumsticks  
Alt: Ham & Cheese Hoagie  
Dinner Roll-Oven Baked Fries  
Steamy Green Beans  
Sliced Peaches  
Assorted Milk

**14**  
Baked Chicken Rings  
Alt: Macaroni & Cheese  
Alt: Ham & Cheese Hoagie  
Corn Muffin  
Honey Baked Beans  
Mandarin Oranges  
Assorted Milk

**21**  
Chicken Drumsticks w/wo Soft Pretzel Stick  
Alt: Personal Pizza w/wo Pepperoni  
Alt: Ham & Cheese Hoagie  
Oven Baked Fries  
Honey Baked Beans  
Rosati Sno' Joe  
Apple Water Ice  
Assorted Milk

**28**

No School

**DON'T FORGET YOUR Grab & Go BREAKFAST!**  
**\*\*Please remember, if your child receives free or reduced lunch, they also receive free or reduced breakfast\*\***

Menu is Subject to Change

Student Lunch \$2.90  
Reduced Lunch \$ .40

**Additional Meal Choices Include:**  
Peanut Butter & Jelly  
Uncrustable, String Cheese Combo w/Goldfish Crackers  
Or  
Yogurt, Bagel, String Cheese Combo w/wo Toppings  
Additional Fruit & Veg.  
Choices Include:  
100% Assorted Fruit Juice:  
Orange, Apple or Fruit Punch  
Baby Carrots w/wo Ranch Dip  
Side Garden Salad  
Fresh Fruit Basket w/ Apples, Oranges and Bananas

1% White, FF White, FF Choc. & FF Straw. Milk offered daily.

**Federal Guidelines for School Lunches:**

5 Meal Components Offered:  
Meat/Meat Alternate,  
Bread/Grain, Vegetable, Fruit and Milk

Students must choose 3 of the 5. One of the 3 chosen must be a fruit or vegetable for the meal to be considered a school lunch.

### Did you know...

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.