

December 2018

CROSSLAKE COMMUNITY SCHOOL

LUNCH



School Information:

LUNCH PRICE \$3.25
MILK FOR COLD LUNCH \$.30
PLEASE FILL OUT THE APPLICATION FOR
EDUCATIONAL BENEFITS IN THE OFFICE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

HAMBURGER/BUN **3**
BAKED BEANS
LETTUCE/TOMATOES
FRUIT CHOICES
MILK CHOICES

Tuesday

CHICKEN NUGGETS **4**
MASHED POTATOES/GRAVY
CORN/DINNER ROLL
FRUIT CHOICES
MILK CHOICES

Wednesday

MACARONI HOTDISH **5**
BREAD STICK
BROCCOLI/LETTUCE SALAD
FRUIT CHOICES
MILK CHOICES

Thursday

MEATBALL SUB OR **6**
HOTDOG/BUN
BAKED FRIES/CARROTS
FRUIT CHOICES
MILK CHOICES

Friday

QUESADILLA **7**
REFRIED BEANS
LETTUCE SALAD/ SALSA
FRUIT CHOICES
MILK CHOICES

POPCORN CHICKEN **10**
SWEET-N-SOUR SAUCE
RICE/LETTUCE SALAD
KEYWEST BLEND VEGGIES
FRUIT CHOICES/MILK CHOICES

CORN DOG **11**
SWEET POTATO FRIES
BAKED BEANS
FRUIT CHOICES
MILK CHOICES

TACOS **12**
REFRIED BEANS
CORN/FIXINS/SALSA
FRUIT CHOICES
MILK CHOICES

SUB SANDWICH **13**
FRESH VEGGIE BAR
SOUP/CHIPS
FRUIT CHOICES
MILK CHOICES

STUFFED CRUST PIZZA **14**
GREEN BEANS
CARROTS
FRUIT CHOICES
MILK CHOICES

CHICKEN WRAP **17**
RICE/LETTUCE
VEGGIES
FRUIT CHOICES
MILK CHOICES

OMELET **18**
FRENCH TOAST STIXS
TRI-TATORS
SUNSET SIP
FRUIT CHOICES/MILK CHOICES

SPAGHETTI **19**
MEAT SAUCE
LETTUCE SALAD
GREEN BEANS
FRUIT CHOICES/MILK CHOICES

PULLED PORK/BUN **20**
BAKED BEANS
COLE SLAW
TORTILLA CHIPS/SALSA
FRUIT CHOICES/MILK CHOICES

CHEESE BREAD **21**
MARINARA SAUCE
BROCCOLI/CARROTS
FRUIT CHOICES
MILK CHOICES

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **26**

Grab-n-go box Salads available
on select days until gone
see menu board for days

NO SCHOOL **27**

ALTERNATE SANDWICH
AVAILBALE MOST DAYS

NO SCHOOL **28**

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

NO SCHOOL **31**

MENU SUBJECT TO CHANGE
WITH OUT NOTICE



December 2018

CROSSLAKE COMMUNITY SCHOOL

BREAKFAST



School Information:
MENU SUBJECT TO CHANGE
BREAKFAST
K=FREE
PAID =\$1.50



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

OATMEAL ROUND-UBR **3**
JUICE/FRUIT
MILK CHOICES

Tuesday

CEREAL/TOAST **4**
JUICE /FRUIT
MILK CHOICES

Wednesday

YOGURT PARFAIT **5**
JUICE/FRUIT
MILK CHOICES

Thursday

MINI PANCAKES **6**
JUICE/FRUIT
MILK CHOICES

Friday

BREAKFAST BREAD **7**
JUICE/FRUIT
MILK CHOICES

FRUDEL **10**
JUICE/FRUIT
MILK CHOICES

CEREAL/TOAST **11**
JUICE/FRUIT
MILK CHOICES

BACON EGG PIZZA **12**
JUICE/FRUIT
MILK CHOICES

MUFFIN/YOGURT **13**
JUICE/FRUIT
MILK CHOICES

DUTCH WAFFLE **14**
JUICE/FRUIT
MILK CHOICES

MINI CINNI **17**
JUICE/FRUIT
MILK CHOICES

CEREAL/TOAST **18**
JUICE/FRUIT
MILK CHOICES

SAUSAGE PIZZA **19**
JUICE/FRUIT
MILK CHOICES

PANCAKE ON A STICK **20**
JUICE/FRUIT
MILK CHOICES

CINNAMON ROLL **21**
JUICE/FRUIT
MILK CHOICES

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **26**

NO SCHOOL **27**

NO SCHOOL **28**

NO SCHOOL **31**

