



Eat different foods each day for a wide variety of nutrients.

Shawano Elementary Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
Offered Daily on the Fruit and Vegetable Bar

DECEMBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choose **MyPlate.gov**

Cardamom is the world's second most expensive spice, saffron being the most.

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.

1
Fish Nuggets & Soft Roll
OR Chicken Bacon Ranch Melt
OR Chicken Caesar Salad
OR Deli Sandwich

Sweet Potato Fries

2
Pizza Parlor Pizza
OR Hamburger on a Bun
OR Chicken Caesar Salad
OR Deli Sandwich

Roasted Cauliflower

5
Italian Meatball Sub
OR Hot Ham & Cheese
OR Garden Salad
OR Yogurt Pak

Golden French Fries

6
Walking Taco with Lettuce and Cheese
OR Roasted Hot Dog
OR Garden Salad
OR Honey Ham Wrap

Spiced Pinto Beans

7
Salisbury Steak with Gravy
OR Chicken Nuggets
OR Garden Salad
OR Yogurt Pak

Mashed Potatoes & Gravy
Fresh Bread

8
Toasted Cheese Sandwich
OR Breaded Chicken Sandwich
OR Garden Salad
OR Honey Ham Wrap

Tomato Soup

9
*** NEW***
Hawaiian Ham Sliders

OR Cheeseburger on Bun
OR Garden Salad
OR Yogurt Pak

Sweet Green Peas

12
Roasted Hot Dog
OR BBQ Chicken Sandwich
OR Crispy Chicken Salad
OR Deli Sub

Steamed Corn

13
Build your own Burger
OR Hot Ham Bagel Sandwich
OR Crispy Chicken Salad
OR Turkey Ranch Wrap

Baked Beans

14
HOM - Brussels Sprouts
Pepperoni & Cheese Flatbread
OR BBQ Rib on a Bun
OR Crispy Chicken Salad
OR Deli Sub

Roasted Brussels Sprouts

15
Beefy Nachos
Cheese Sauce
OR Chicken Nuggets
OR Crispy Chicken Salad
OR Turkey Ranch Wrap

Refried Beans

16
Pizza Dippers
Marinara Sauce
OR Hot Ham & Cheese
OR Crispy Chicken Salad
OR Deli Sub

Rice Krispie Treat

19
Maple Syrup Day
Pancakes, Syrup, and Scrambled Eggs
OR Hot Ham & Cheese
OR Popeye Salad
OR Deli Sandwich with Breakfast Potatoes

Pure Maple Syrup Tasting

20
Italian Stromboli
OR Tasty Chicken Tenders & Soft Pan Roll
OR Popeye Salad
OR Chips, Salsa & Cheese

Steamed Carrots

21
BBQ Meatball Sub
OR Chicken Philly Sandwich
OR Popeye Salad
OR Deli Sandwich

Mixed Vegetables

22
Rotini with Italian Meat Sauce & Garlic Toast
OR Chicken Nuggets
OR Popeye Salad
OR Chips, Salsa & Cheese
Green Beans

23
Pizza Parlor Pizza

OR Tuna & Cheese Melt
OR Popeye Salad
OR Deli Sandwich

Roasted Broccoli

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL

30
NO SCHOOL

PRICES

Regular	\$2.30
Reduced	\$0.40
Adult	\$3.20
A la Carte Milk	\$0.30

HARVEST OF THE MONTH

PEAR
BRUSSELS SPROUTS
CARDAMOM

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
Entree Salads are served with Dinner Roll
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