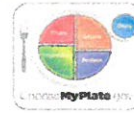




# CP December Lunch Menu High School



Chef Metz is "Cookin' Up ....."



Monday December 3, 2018	Tuesday December 4, 2018	Wednesday December 5, 2018	Thursday December 6, 2018	Friday December 7, 2018
Lasagna Roll Ups With A Garlic Stick	French Toast / Syrup Sausage Patty	Grilled Cheese Sandwich	Christmas Dinner Ham	Stuffed Crust Pizza
Popcorn Chicken With A Roll	Turkey And Cheese On A Pretzel Roll	Tuna Sandwich On A Bun	Au Gratin Potatoes w/ Dinner Roll	HotDog On A Bun
Featured Veggies: Butternut Squash Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Hash Brown Triangle Green Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Green Bean Casserole Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggie: Curly Fries Grape Tomatoes Choice of Fruit Choice of Milk

Monday December 10, 2018	Tuesday December 11, 2018	Wednesday December 12, 2018	Thursday December 13, 2018	Friday December 14, 2018
Grilled Chicken & Cheese On A Tortilla Shell	Crispy Taco With Rice Lettuce Tomato & Cheese	Hot Dog On A Bun	Hot Turkey Sandwich With Gravy	Ranchero Toasted Sandwich
Hot Ham & Cheese On A Croissant	BBQ Shredded Pork On A Bun	Pancake With Syrup Sausage Links	BBQ Ham Sandwich On A Bun	Chicken Nuggets With A Pretzel Rod
Featured Veggies: Waxed Beans Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Hash Brown Potato Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Pepper Strips Choice of Fruit Choice of Milk

Monday December 17, 2018	Tuesday December 18, 2018	Wednesday December 19, 2018	Thursday December 20, 2018	Friday December 21, 2018
French Toast / Syrup Sausage Patty	Buffalo Chicken Flatbread	Cheese Filled Ravioli With A Garlic Stick	Buffalo Chicken Dip With Chips	Salisbury Steak With Gravy
Chicken Caesar Wrap	Ham Egg And Cheese On A Bagel	Cold Cut Hoagie	Corn Dog On A Stick	Turkey And Cheese On a Croissant
Featured Veggies: Hash Brown Potato Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Oven Brown Sweet Potatoes Garden Salad Choice of Fruit Choice of Milk	Featured Veggies: Steamed Peas Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Corn Mashed Potatoes Choice of Fruit Choice Of Milk

Monday December 24, 2018	Tuesday December 25, 2018	Wednesday December 26, 2018	Thursday December 27, 2018	Friday December 28, 2018
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL



Monday December 31, 2018	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL				



Monday	Tuesday	Wednesday	Thursday	Friday
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### What is a Meal?

You must Choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meal or meal alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

And  
Choice of Milk  
1% white, Fat Free White,  
Chocolate, Vanilla or  
Strawberry

### Fruit May Include:

- Canned Peaches, pineapple
- applesauce, pears,
- Fruit Cocktail,
- mandarin oranges
- 100% juice (apple, orange)
- Fresh Fruit
- selection including
- apples, bananas and
- oranges

### Weekly Vegetable Subgroups

#### May Include:

- Dark Green-spinach, broccoli
- romaine and spring salad
- Red/Orange- carrots, sweet
- potatoes, tomatoes and red
- peppers
- Legumes-beans and peas
- Starchy- potatoes, corn, peas
- and lima beans
- Other Vegetables- celery sticks,
- cucumbers, cauliflower, green
- peppers, green beans and
- cabbage

Debbie Helstern

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Student Lunch \$2.50  
Student reduced price lunch \$ .40  
Adult lunch \$3.20  
Milk \$ .65

For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.