

# DECEMBER 2011

## RICHFIELD & PLAT ELEMENTARY LUNCH MENU

# Happy Holidays!



Menu subject to change. Lunch Price is \$2.35. All meals come with choice of low-fat or skim milk. Ala carte milk is 35¢. Grades 3 thru 8 meals come with Tossed Salad.

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>ChooseMyPlate.gov</p> </div> <div style="width: 80%;"> <p><b>Visit ChooseMyPlate.gov for easy to use nutrition tips</b></p> <ul style="list-style-type: none"> <li>• Enjoy your food, but eat less</li> <li>• Make half your plate fruits and vegetables</li> <li>• Switch to fat-free or low-fat milk</li> <li>• Make at least half of your grains whole-grains</li> <li>• Drink water instead of sugary drinks</li> </ul> </div> </div>				
<p>5-Dec</p> <p>Chicken Nuggets Sweet Potato Bake Fruit Cocktail Sliced Whole Wheat Bread</p>	<p>6-Dec</p> <p>Teriyaki Chicken Bites Steamed Rice Mandarin Spinach Salad Pineapple Tidbits</p>	<p>7-Dec</p> <p>Beef Ravioli Green Beans Peach Slices Garlic Breadstick</p>	<p>1-Dec</p> <p>Chili Cheese Dog Baked Beans Fresh Carrots &amp; Cauliflower Pear Slices</p>	<p>2-Dec</p> <p>Chicken Strips Steamed Broccoli Applesauce Jello</p>
<p>12-Dec</p> <p>Italian Chicken Sandwich Parmesan Noodles RF - Mixed Veg / Plat - Salad Pear Slices</p>	<p>13-Dec</p> <p>Cheeseburger Mac Peas Fresh Apple Slices Breadstick</p>	<p>14-Dec</p> <p>Stuffed Baked Potato with Diced Ham &amp; Cheese Red Beans &amp; Rice Steamed Broccoli Pineapple Tidbits</p>	<p>8-Dec</p> <p>Super Nachos Refried Beans Corn Cinnamon Applesauce</p>	<p>9-Dec</p> <p>Fun Fish Shapes Cheesy Noodles California Blend Vegetables Fresh Pear</p> <p style="text-align: right;"><b>National Pear Month</b> </p>
<p>19-Dec</p> <p>Breaded Chicken Sandwich Glazed Carrots Peach Slices Cottage Cheese</p>	<p>20-Dec</p> <p>Spaghetti with Meatsauce Caesar Salad Pear Slices Sliced Whole Wheat Bread</p>	<p>21-Dec</p> <p>Pepperoni Pizza Winter Blend Vegetable Fresh Grapes Gingerbread Cookie </p>	<p>15-Dec</p> <p>Chicken &amp; Gravy Mashed Potatoes Fruit Cocktail Dinner Roll</p>	<p>16-Dec</p> <p>Cheese Dunkers with Sauce Fresh Carrots &amp; Cucumbers Fruit Medley Sherbet Cup</p>
<p>23-Dec</p> <p style="font-size: 2em; font-weight: bold;">No School Today</p>				
<p>3-Jan</p> <p style="font-size: 2em; font-weight: bold;">No School Today</p>				
<p>3-Jan</p> <p>Sweet &amp; Sour Chicken Steamed Broccoli Mandarin Oranges Egg Roll</p>	<p>4-Jan</p> <p>Grilled Cheese Sandwich Tomato Soup Fresh Carrots &amp; Peppers Fruit Cocktail</p>	<p>5-Jan</p> <p>Tater Tot Hot Dish Green Beans Peach Slices Dinner Roll</p>	<p>5-Jan</p> <p>Mini Corn Dogs Baked Beans California Blend Vegetables Orange Wedges</p>	<p>6-Jan</p>