

Menus for December 2016

City Schools of Decatur, K-5 Menu

This institution is an equal opportunity provider. Menus are subject to change.

Monday, December 5

Breakfast

Waffle w/Syrup
Toast, Fruit & Milk

Lunch

Turkey & Cheese Sub
Lettuce, Tomato, Pickle
Oven Waffle Fries
Roasted Parmesan Broccoli
Sliced Pears
Choice of Milk

Tuesday, December 6

Breakfast

Grape Ape Smoothie
Toast, Fruit & Milk

Lunch

Cheese Ravioli w/ Marinara
Caesar Salad
Honey Coin Carrots
WG Breadstick
Apple Wedges
Choice of Milk

LEAN AND GREEN DAY

Wednesday, December 7

Breakfast

Chicken Biscuit
Toast, Fruit & Milk

Lunch

Chili con Carne
Baked Potato w/Toppings
California Blend
Roasted Butternut Squash
(F2S) w/Apples
WG Dinner Roll
Mixed Fruit
Choice of Milk

Thursday, December 8

Breakfast

French Toast w/Syrup
Toast, Fruit & Milk

Lunch

Soft Beef Tacos
Lettuce, Tomato,
Sour Cream, Salsa
Guacamole
Mexican Rice
Cuban Black Beans
Pineapple Tidbits
Choice of Milk

Friday, December 9

Breakfast

Bacon, Eggs & Grits
Toast, Fruit & Milk

Lunch

Fish Fillet on WG Bun
Sweet Potato Fries
Romaine Salad
Fresh Citrus Fruit
Choice of Milk

Monday, December 12

Breakfast

Cinnamon Roll
Toast, Fruit & Milk

Lunch

Chicken Fillet on WW Bun
Waffle Fries
Honey Coin Carrots
Granny Smith Apple
Choice of Milk

Tuesday, December 13

Breakfast

Berry Parfait
Toast, Fruit & Milk

Lunch

Grilled Cheese w/
Butternut Squash Soup (F2S)
Raw Veggies w/ Dip
Peach Cobbler
Choice of Milk

LEAN AND GREEN DAY

Wednesday, December 14

Breakfast

MANAGER'S CHOICE

Lunch

MANAGER'S CHOICE
(Posted by December 6th)

Thursday, December 15

Breakfast

MANAGER'S CHOICE

Lunch

MANAGER'S CHOICE
(Posted by December 6th)

Friday, December 16

Breakfast

MANAGER'S CHOICE

Lunch

MANAGER'S CHOICE
(Posted by December 6th)

Thursday, December 1

Breakfast

Oatmeal w/Brown Sugar
Toast, Fruit & Milk

Lunch

Nachos (Meat
and/or Cheese)
Lettuce, Tomato,
Sour Cream, Salsa,
Guacamole
Mexican Rice
Pinto Beans
Pineapple Tidbits
Choice of Milk

Friday, December 2

Breakfast

Scrambled Eggs
Cheese Grits
Toast, Fruit & Milk

Lunch

Hamburger w/
Lettuce, Tomato, Pickle
Roasted Potato Wedges
Seasoned Green Beans
Gala Apple
Choice of Milk

Available Daily

WEEKLY LUNCH SALADS & VEGETARIAN OPTION

11/28-12/2 Salad: Fiesta, Bean Burrito
12/5-12/9: Salad: Buffalo Chicken,
Bean Burrito
12/12-12/16: **NO SALAD BAR THIS WEEK**
Bean Burrito
12/19-31: **NO SCHOOL**

DAILY CHOICES ALWAYS AVAILABLE

LUNCH: PB & Honey Sandwich (WG),
Gluten-Free Hummus Plate,
Milk Options: 1%, Skim, or
Fat-Free Tru Moo Chocolate Milk
BREAKFAST: Cereal, Toast, Fruit
(includes various fresh fruits) or Juice
and Milk (1% or Skim)
WEDNESDAY: Chips & Salsa Box

MEAL PRICES

Breakfast: Reduced \$0.30, Full \$1.25
Lunch: Reduced \$0.40, Full \$2.50

VEGETABLE

Butternut Squash



As butternut squash ripens, it turns a deep orange and becomes sweeter and richer – perfect for soups, muffins, and breads. Butternut Squash is a good source of vitamin C, vitamin A, fiber, and potassium.

OF THE MONTH