

December 2016

Central-Jefferson Lunch



December 1st is National Eat a Red Apple Day! Enjoy a crunchy apple. Apples have no sodium, fat or cholesterol and only 80 calories for a medium apple. Fairbury Public Schools is an Equal Opportunity Provider and Employer.

Menu Information: (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Chef Salad is served each day w/ 1 slice Homemade WG Bread - Yogurt/Cheese is served each day

Monday

Fruit/Vegetable Bar and Milk served with every meal. Full meal price \$2.60 Extra entree \$2.00 (needs to be ordered when lunch count is taken)



Tuesday

Would you like to join your child for lunch? We'd love to have you. Please call the office by 9 am to be included in our daily lunch count. Adult meals cost \$3.50. What a bargain!!

Wednesday



Thursday

National Eat a Red Apple Day **1**
Homemade Beef Pizza(30) or Turkey Sandwich or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Corn (16)

Friday

2
Fish Shaped Sticks(13) or PBJ Sandwich(35) or Chef Salad (18)Crackers(10)or Yogurt/Cheese(38)Granola(7)
Green Peas (11)
Teddy Grahams(11)

5
Popcorn Chicken(13) w/HMD Bread(17) or Tuna Salad Sandwich(33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)
Baked Beans (29)

6
Fiestada Pizza(38) or Chicken Salad Sandwich(36)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Corn (16)

7
Chicken Sticks (16) w/Breadstick(17)or Turkey Flatbread(28) or Chef Salad(18)Crouton(14)or Yogurt/Cheese(38)Granola(13)
Broccoli w/Cheese(5)

8
Chili (16) w/HMD Cinnamon Roll(40)&Crackers(7ea. pkg)or Ham & Cheese Wrap(23)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)
Fresh Veggies

9
NO SCHOOL
TEACHER
COLLABERATION DAY

12
Cheeseburger on Bun(33)or Tuna Salad Sandwich(33) or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Seasoned French Fries(25)

13
Mini Corndogs (28) or Ham Sandwich(35) or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Green Bean Casserole(8)

14
Spaghetti Sauce(6) w/Rotini(32)& Cheesy Breadstick(17)or Turkey Flatbread(27)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Fresh Veggies

15
Roast Turkey(0) w/HMD Bread(17) PBJ Sandwich(35)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)
Mashed Potatoes(20)Gravy(4) Brownie(13)Ice Cream(13)

16
Soft Shell Taco(25)or Ham & Cheese Wrap(23)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(13)
Refried Beans(23)

19
Crispy Chicken on Bun(45) or Turkey Sandwich(33) or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Baked Beans(29)

20
Grilled Cheese Sandwich(30)or Tuna Salad Sandwich(33)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)
Tomato Soup(17)Crackers(7ea. pkg.)

21
Sausage Patty (0) w/Chocolate Chip Muffin(30)or PBJ Sandwich(35)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7) Tater Tots (20)

22
Blue Valley Brand Hot Dog on Bun(25) or Ham & Cheese Wrap (23) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7) Fresh Veggies

23
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL

30
NO SCHOOL