

# December 2016

## Jr - Sr High School Lunch



December 1<sup>st</sup> 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 size apple. Fairbury Public Schools is an Equal Opportunity Provider and Employer.

**Menu Information:** Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**All meals are served with Fruit/Vegetable Bar and Milk. All grain items served are whole grain rich.**

Popcorn Chicken (13) w/Biscuit(12 ea.) or Chicken/Cheese Flatbread(25) **5**  
  
Mashed Potatoes(20) Gravy(4) Corn(16)

Cheeseburger on Bun (33) or Sloppy Joe on Bun (35) **12**  
  
Seasoned French Fries (25)

Crispy Chicken on Bun(45) or Cheeseburger on Bun(33) **19**  
  
Corn (16)

**26**  
  
NO SCHOOL

**Jr-Sr. High Lunch Price \$2.85 Extra Entree \$2.00 Side of Fruit or Vegetable \$ .50 Chips or Cereal Bar \$ .75 Extra Milk \$ .40**

Fiestada Pizza (38) or Ham & Cheese Wrap (25) **6**  
  
Green Beans (4)

Mini Corndogs (7-8(28) (9-12(38) or BBQ Steak on Bun (41) **13**  
  
Green Bean Casserole(8)

Chicken Fajita Flatbread(25) or Pulled Pork on Bun (31) **20**  
  
Refried Beans (23)

**27**  
  
NO SCHOOL



Chicken Sticks (7-8 (16) (9-12(20) w/Breadstick (17) or Jeff Rib on Bun (38) **7**  
  
Broccoli w/Cheese(5)

Spaghetti Sauce(6) w/Rotini(42) & Cheese Breadstick(17) or Jeff Rib on Bun (38) **14**  
  
Fresh Veggies

Sausage Patty (0) w/French Toast Sticks(7-8(21) (9-12(28) & Syrup(30) or Roasted Chicken on Bun (33) **21**  
  
Tater Tots (20)

**28**  
  
NO SCHOOL

**National Eat a Red Apple Day 1**  
HMD Beef Pizza(36) or Jeff Rib on Bun(38)  
  
Corn(16)

Chili (21) w/HMD Cinnamon Roll(40) & Crackers(7 ea.pkg.) or Hamburger on Bun(33) **8**  
  
Fresh Veggies

Roast Turkey(0) w/HMDBread(17) or Hamburger on Bun(33) **15**  
  
Mashed Potatoes(20)Gravy(4) Brownie(16)Ice Cream(13)

Blue Valley Brand Hot Dog on Bun(25) or Chicken/Cheese Flatbread(25) **22**  
  
Fresh Veggies

**29**  
  
NO SCHOOL

Cheesy Fish Patty on Bun(46) or BBQ Steak on Bun (41) **2**  
  
Peas(11) Chocolate Chip Cookie(19)

Pulled Pork on Bun (31) or Roasted Chicken on Bun(33) **9**  
  
Baked Beans (29)

Soft Shell Taco (7-8(25) (9-12(32) or Chicken Wrap(24) **16**  
  
Refried Beans (23)

**23**  
  
NO SCHOOL

**30**  
  
NO SCHOOL