

# December 2017

## Jr. – Sr. High School



### Some tips to have a healthy holiday season:

- Wash your hands often - avoid those cold and flu germs
- Eat healthy – lots of fruits and vegetables
- Stay active – get 30 minutes of active movement most days

### Menu Information: Assorted Variety Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in the serving size for that menu item with all its components.

- Turkey/Cheese or Ham/Cheese or Hoagie (Turkey & Ham) on Sub Bun (30)
- Chicken Salad on Sub Bun (34) or Tuna Salad on Sub Bun (30)
- Chef Salad is served each day w/ Bread Stick & Croutons (32)
- Yogurt/Cheese is served each day w/ Bread Stick & Granola (49)

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

**FAIRBURY PUBLIC SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER**

**Jr-Sr High Lunch Price \$2.95 ---  
Extra Entree \$2.00**  
  
**Side of Fruit or Vegetable \$ .50  
Chips or Cereal Bar \$ .75  
Extra Milk Carton \$ .50**



**Cuban Sandwich(32)** 1  
(Toasted Panini w/Ham, Pulled Pork, Cheese & Dill Pickles w/zippy mustard dipping sauce) or  
**Chicken & Cheese Flatbread (25)**

Baked Beans (29)

**NATIONAL COOKIE DAY** 4  
Sloppy Joe on Bun (35) or  
Roast Chicken on Bun(33)

Broccoli w/Cheese (5)  
Chocolate Chip Cookie (19)

Chicken Alfredo Pizza(40) or 5  
Jeff Rib on Bun (38)

Green Peas (11)

Popcorn Chicken (7-8 (13) 6  
(9-12 (16) w/HMD Bread (17) or  
Sloppy Philly Beef (32)

Mashed Potatoes(14) Gravy (4)

Mini Corndogs 7  
(7-8 (27) (9-12(31) or  
Hamburger on Bun (33)

Cowboy Beans (23)

Jeff Chefs 8  
Special Selections

Chicken Gravy (5) 11  
w/HMD Bread (17 ea.) or  
Ham & Cheese Flatbread (29)

Mashed Potatoes (14)

**Wacky Backwards Pizza (38) 12**  
(Flatbread topped with melted  
Mozzarella Cheeses with Beef & Pork  
crumbles drizzled with zesty pizza sauce)  
Roast Chicken Sandwich (33)

Corn (16)

Taco Soup (7-8 (22) (9-12(29) 13  
w/Cornbread (17) &  
Tortilla Chips(19) or  
Jeff Rib on Bun (38)

Fresh Veggies

Creamy Ranch Chicken 14  
on Ciabatta Bread(33) or  
BBQ Steak on Bun (41)

Carrots (5)

Cheeseburger on Bun(33) or 15  
Chicken/Cheese Wrap (24)

Baked Beans (29)

Crispy Chicken on Bun (45) or 18  
Sloppy Philly Beef(32)

Cowboy Beans (23)

Roast Turkey(0) 19  
w/HMD Bread(17) or  
Hamburger on Bun(33)

Mashed Potatoes (14) Gravy (4)  
Brownie (16)

**Potato Nachos(26) 20**  
(Zesty cheese sauce & taco  
seasoned beef over Tater Tots)  
w/Tortilla Chips (19)  
**Sloppy Joe on Bun (35)**  
Apple Filled Churro (27)

HMD Cheese Pizza(36) or 21  
Roast Chicken on Bun (33)

Corn (16)

Blue Valley Brand 22  
Hot Dog on Bun (34) or  
Cheeseburger on Bun (33)

Fresh Veggies



**NO SCHOOL** 26

**NO SCHOOL** 27

**NO SCHOOL** 28

**NO SCHOOL** 29