












TEAYS VALLEY HIGH SCHOOL DECEMBER 2018



CARLA BALLARD MANAGER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
CHICKEN STRIPS OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-PEAR CUP TWISTED BREAD STICK-PICKLES MILK	GRILLED CHEESE TOMATO SOUP-CRACKERS CUCUMBERS / DIP FRESH FRUIT-APPLESAUCE CUP GOLDFISH CRACKERS MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-PEACH CUP COOKIE MILK	CHICKEN AND NOODLES MASHED POTATOES GREEN BEANS FRESH FRUIT-MIXED FRUIT WG DINNER ROLL MILK	EGG AND SCHEESE OMELET SAUSAGE PATTY HASHBROWNS CELERY STICKS CINNAMON ROLL MILK
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
CHEESEBURGER DELUXE OVEN BAKED FRIES CORN FRESH FRUIT-TROPICAL FRUIT PICKLE CHIPS MILK	CHICKEN CHIPOTLE BOWL CHICKEN,BLACK BEAN,PEPPER ONIONS,RICE, CHEESE,LETTUCE SOUR CREAM,SALSA CUP, CHIPS PEACH CUP, JUICE CUP MILK	PIZZA ROMAINE SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	CHICKEN STRIPS MASHED POTATOES/ GRAVY PEAS FRESH FRUIT-PEAR CUP WG DINNER ROLL MILK	PEPPERONI HOT POCKET GREEN BEANS CLERY STICKS / DIP FRESH FRUIT-PINEAPPLE ICE CREAM MILK
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
BONELESS CHICKEN WINGS COUNTRY BAKED BEANS SWEET CORN FRESH FRUIT-PEACHES WG DINNER ROLL MILK	MEATBALL SUB ITALIAN SALAD CELERY STICKS-DIP FRESH FRUIT-TROPICAL FRUIT BAKED CHIPS MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	HOT TURKEY ON A BUN MASHED POTATOES/ GRAVY GREEN BEANS FRUIT SALAD HOLIDAY CAKE MILK	MINI PANCAKES SCRAMBLED EGGS- SAUSAGE HASHBROWNS TROPICAL TWIST FRESH FRUIT-APPLESAUCE MILK
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
CHICKEN TENDERS BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-PEAR CUP WG DINNER ROLL MILK	GRILLED CHEESE TOMATO SOUP-CRACKERS CUCUMBERS / DIP FRESH FRUIT- APPLESauce GOLDFISH CRACKERS MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	BRATWURST SANDWHICH WAFFLE FRIES VEGGIE CHOICE FRUIT CHOICE-PINEAPPLE ICE CREAM MILK	
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
				
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
			PIZZA BROCCOLI CARRTOS FRESJ FRUIT-PEACH CUP COOKIE MILK	CHICKEN STRIPS OVEN BAKED BEANS BAKED FRIES FRESH FRUIT-PEAR CUP WG DINNER ROLL MILK
STUDENT LUNCH \$3.00	REDUCED LUNCH.....40		EXTRA MILK.....50	ADULT \$4.00
STUDENT BREALFAS \$ 1.50	REDCED BREAKFAST \$.30			

Note: Menu Subject to Change Without Notice

NUTRITION NOTES:

EATING RIGHT AND BEING PHYSICALLY ACTIVE ARE NOT JUST "DIETS" OR "PROGRAMS"--THEY ARE KEYS TO A HEALTHY LIFESTYLE. WITH HEALTHFUL HABITS, YOU MAY REDUCE YOUR RISK OF MANY CHRONIC DISEASES SUCH AS HEART DISEASE, DIABETES, OSTEOPOROSIS, AND CERTAIN CANCERS, AND INCREASE YOUR CHANCES FOR A LONGER LIFE!

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