


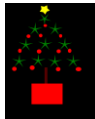









TEAYS VALLEY MIDDLE SCHOOL DECEMBER 2018



JILL TEETS EAST MGS-JANNETTE FAUSNAUGH WEST MGR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
CHICKEN STRIPS OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-PEACH CUP WG DINNER ROLL MILK	CHEESE RAVIOLI GARDEN SALAD GREEN BEANS FRESH FRUIT-PINEAPPLE GARLIC BREAD MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESSAUCE CUP COOKIE MILK	GRILLED CHEESE TOMATO SOUP-CRACKERS CUCUMBER SLICES-DIP FRESH FRUIT-TROPICAL FRUIT GOLD FISH CRACKERS MILK	MINI FRENCH TOAST SAUSAGE HASHBROWNS VEGGIES-DIP JUICE CHOICE-FRESH FRUIT CHEESE STICK-MILK
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
VIKING CHEESEBURGER XTREME FRIES CUCUMGERS-DIP FRESH FRUIT-APPLESSAUCE CUP PICKLES 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-APPLESSAUCE CUP COOKIE MILK	PANCAKED/SAUSAGE ON A STICK HASHBROWNS CELERY/DIP FRESH FRUIT-PEARS CHEESE STICK MILK	BOSO STICKS MARINARA CUP GREEN BEANS VEGGIES-DIP FRESH FRUIT-PINEAPPLE MILK
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
POPCORN CHICKEN BROCCOLI-CHEESE SAUCE TOMATO-CELERY-DIP FRESH FRUIT-MANDARIN ORANGES WG DINNER ROLL MILK	MINI WAFFLES SAUSAGE HASHBROWNS CELERY-DIP FRESH FRUIT-JUICE CHOICE MILK	PIZZA ROMAINE SALAD CARROTS FRESH FRUIT-APPLESSAUCE CUP COOKIE MILK	BAKED HAM CHEESY POTATOES GREEN ;BEANS FRUIT SALAD DINNER ROLL-DESSERT MILK	CHRISPY CHICKEN SANDWICH OVEN BAKED BEANS MIXED VEGETABLES FRESH FRUIT-PEARS SHERBET CUP MILK
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
CHRISPY CHICKEN DRUMSTICKS MASHED POTATOES/GRAVY GREEN BEANS FRESH FRUIT-PINEAPPLE WG DINNER ROLL MILK	GRILLED CHEESE SANDWICH TOMATO SOUP/CRACKERS CUCUMBERS / DIP FRESH FRUIT-TROPICAL FRUIT CHEETO TRAX MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESSAUCE CUP COOKIE MILK	HOT DOG BAKED BEANS CORN FRESH FRUIT-TROPICAL FRUIT 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 CARROTS FRESH FRUIT-APPLESSAUCE CUP COOKIE MILK	CHICKEN STRIPS BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-PEACH CUP WG DINNER ROLL MILK
STUDENT LUNCH \$2.90	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:

TO PROVIDE A VARIETY OF NUTRIENTS AND FIBER IN THE DIET, EAT MORE DARK-GREEN VEGETABLES, ORANGE VEGETABLES, AND DRY BEANS AND PEAS. SOME EXAMPLES ARE BROCCOLI, SPINACH, CARROTS, SWEET POTATOES, AND PUMPKIN AS WELL KIDNEY BEANS, PINTO BEANS, SPLIT PEAS, AND LENTILS. A HEARTY VEGETABLE SOUP COULD INCORPORATE MANY OF THESE COLORFUL AND NUTRITIOUS VEGETABLES TO SERVE UP STEAMING HOT ON A COLD WINTER'S DAY!

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER