

WA HE LUT MENU FOR DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<p>2</p> <p>Whole Grain Cereal Pop Tart</p> <p>Chicken Fettuccini Whole Grain Garlic Stick</p>	<p>3</p> <p>Scrambled Eggs Sausage Whole Wheat Toast</p> <p>Hamburger on a Bun French Fries</p>	<p>4</p> <p>Biscuit & Sausage Gravy</p> <p>Macaroni & Cheese Lil Smokies</p>	<p>5</p> <p>Whole Grain Pancakes Bacon</p> <p>Fish Sticks OR Chicken Strips Tater Tots</p>	<p>6</p> <p>Whole Grain Cinnamon Roll Yogurt</p> <p>Cheese Pizza Whole Grain Cheese Stick</p>
<p>9</p> <p>Whole Grain Bagel Fresh Fruit</p> <p>Lasagna Garlic Bread Cookie</p>	<p>10</p> <p>Whole Grain Waffle Bacon</p> <p>Soft or Crunchy Beef Taco Refried Beans Tortilla Chips Salsa</p>	<p>11</p> <p>WA HE LUT BREAKFAST SANDWICH</p> <p>Fish and Chips Cole Slaw Tarter Sauce</p>	<p>12</p> <p>Oatmeal Breakfast Whole Grain Toast</p> <p>Chili Corn Bread</p>	<p>13</p> <p>Cereal Whole Wheat Toast</p> <p>Chili Dog OR Hot Dog Corn Chips</p>
<p>16</p> <p>Coffee Cake Yogurt</p> <p>Corn Dog Jo Jo's</p>	<p>17</p> <p>French Toast Sausage Patty</p> <p>Taco Salad Tortilla Chips Refried Beans Salsa</p>	<p>18</p> <p>Cheese Omelet Whole Wheat Toast</p> <p>Sweet & Sour Chicken Nuggets Brown Rice Steamed Veggies</p>	<p>19</p> <p>Breakfast Pizza Fresh Fruit</p> <p>Baked Potato Diced Turkey & Ham Clam Chowder</p>	<p>20</p> <p>Whole Grain Cereal Cheese Stick</p> <p>Chicken Strips Curly Fries Pudding</p>
<p>Winter Break NO SCHOOL</p>				

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*Milk Choice includes a choice of non-fat Chocolate or 1% White Milk
Fruit or Vegetable Bar (fresh or canned) offered daily at lunch.*