



East Sac County CSD December 2017 MS & HS Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>MENU IS SUBJECT TO CHANGE</p>				<p>1 WG Long john OR cereal</p> <p>Pork sandwich on WG bun, chips, baked beans, mixed fruit (salad bar)</p>
<p>4 NO SCHOOL</p>	<p>5 WG Biscuit & gravy OR cereal</p> <p>Hamburgers on WG bun, fries, oranges (salad bar)</p>	<p>6 Muffin toppers OR cereal</p> <p>Chicken fajitas w/fixings, corn, refried beans, applesauce, (salad bar)</p>	<p>7 WG Breakfast bites OR cereal</p> <p>WG corn dogs, gold fish, hummus, mixed fruit (salad bar)</p>	<p>8 WG Long john OR cereal</p> <p>WG Chicken nuggets, hash brown, pears (salad bar-crackers)</p>
<p>11 WG Egg wrap OR cereal</p> <p>WG Chicken poppers, hash brown, mandarin oranges, fresh apples (salad bar-cROUTONS)</p>	<p>12 WG Biscuit & gravy OR cereal</p> <p>Maid rite on WG bun, steamed broccoli, strawberries (salad bar)</p>	<p>13 WG Breakfast bar OR cereal</p> <p>Hot dog on WG bun, baked beans, chips, fruit snack (salad bar)</p>	<p>14 WG French toast stick OR cereal</p> <p>Ham, mashed potato, salad, WG dinner roll, chocolate mousse (salad bar--crackers)</p>	<p>15 WG Long john OR cereal</p> <p>Tomato soup w/WG cheesy bread, pears (salad bar-seasoned chic peas)</p>
<p>18 Scramble eggs OR cereal</p> <p>Super nacho, fiesta beans, broccoli, (salad bar)</p>	<p>19 WG Biscuit & gravy OR cereal</p> <p>Chili, pears, WG crackers, cinnamon roll (salad bar)</p>	<p>20 WG Breakfast pizza OR cereal</p> <p>WG Chicken sandwich on WG bun, hash brown, peaches (salad bar)</p>	<p>21 Cook's choice</p> <p>WG Pizza, cottage cheese, chef salad/black beans, peaches (salad bar)</p>	<p>22 WG Long john OR cereal</p> <p>WG Crispito w/fixings, corn, cottage cheese, applesauce (salad bar)</p>
<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>	<p>28 NO SCHOOL</p>	<p>29 NO SCHOOL</p>	<p>30 NO SCHOOL</p>
<p>This Institution is an equal opportunity provider.</p>	<p>Breakfast includes: Toast, milk, juice, assorted fruits and yogurt.</p> <p>WG - Whole Grain</p>	<p>Dinner includes: Milk, salad bar (fresh fruit, veggies, carrots, broccoli)</p> <p>DR - Dinner Roll</p>	<p>Milk is offered as part of every meal. However – the student must take a MINIMUM of 3 items AND you have to have a fruit or vegetable. **Reduced fat dressings are served with all salad and fresh fruit. Numerous fresh fruit & vegetables are on salad bar daily</p>	