



# DECEMBER

# Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.</b>  <b>Carb grams indicated in ORANGE.</b>	<b>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit options</b>			Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g
4	5	6	7	8
Cinnamon Toast Cereal Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 350 Sod: 205mg Sugars: 48g	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	Trix Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g
11	12	13	14	15
Cheerios 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 350 Sod: 220mg Sugars: 48g	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	<b>NO SCHOOL: TEACHER'S PD DAY</b>
18	19	20	21	22
Cinnamon Toast Cereal Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 350 Sod: 205mg Sugars: 48g	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g
25	26	27	28	29
				CATA

Menus are subject to change due to availability of food or unplanned school closings.  
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 Contact: Melissa Bryant 614.747.0196



# DECEMBER

# CATA LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>Carb grams indicated in ORANGE.</b>  <b>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.</b>	<b>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit options</b>			Chicken Salad SUB on a WG Bun 27g WG Chips + 19g Carrots 4g Banana 27g <b>Cal: 455</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>
4	5	6	7	8
Sloppy Joe's on a WG Bun 28g Corn 14g WG Sweet Treat 22g Apple Slices 18g <b>Cal:</b> <b>Sodium:</b> <b>Sugar:</b>	<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	<b>Taco Wednesday</b> Chix Burrito 25g Corn & Bean Salad 19g Pears 25g <b>Cal: 461</b> <b>Sodium: 727mg</b> <b>Sugar: 22g</b>	Chix Patty on a WG Bun 13g 19g Veg Baked Beans 30g Banana 27g <b>Cal: 579</b> <b>Sodium: 786mg</b> <b>Sugar: 45g</b>	Hot Dog in WG Bun 36g S/P Fries 24g Fruit Slushie Cup 22g <b>Cal: 540</b> <b>Sodium: 384</b> <b>Sugar: 52g</b>
11	12	13	14	15
Turkey & Cheese SUB on a WG Bun 27g WG Chips + 19g Carrots 4g Banana 27g <b>Cal: 455</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	BBQ Meatball Sub 22g on a WG Bun 28g S/P Fries 24g Banana 27g <b>Cal: 700</b> <b>Sodium: 880</b> <b>Sugar: 33g</b>	Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g <b>Cal: 550</b> <b>Sodium: 665mg</b> <b>Sugar: 70g</b>	<b>NO SCHOOL</b> <b>Staff PD</b>
18	19	20	21	22
Corn Dog 36g S/P Fries 24g Fruit Slushie Cup 22g <b>Cal: 540</b> <b>Sodium: 384</b> <b>Sugar: 52g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	<b>Taco Wednesday</b> Chix Burrito 25g Corn & Bean Salad 19g Pears 25g <b>Cal: 461</b> <b>Sodium: 727mg</b> <b>Sugar: 22g</b>	Chix Patty on a WG Bun 13g 19g Veg Baked Beans 30g Banana 27g <b>Cal: 579</b> <b>Sodium: 786mg</b> <b>Sugar: 45g</b>	Turkey & Cheese SUB on a WG Bun 27g WG Chips + 19g Carrots 4g Banana 27g <b>Cal: 455</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>
27	28	29	30	

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