

Monday

Tuesday

Wednesday

Thursday

Friday

Include sweet potatoes for your holiday as they are: one of the oldest vegetables known to man high in vitamin A good sources of vitamin C, copper, dietary fiber, potassium, iron and vitamin B6 very tasty



School Information
Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools

5
Vegetable Egg Roll
Vegetable Fried Rice
Fortune Cookie
Fruit & Veggie Bar
Assorted Milk

6
Chicken Patty Sandwich
Baked French Fries
Chocolate Chip Cookie
Fruit & Veggie Bar
Assorted Milk

7
LPHS Specialty Pizza
Steamed Carrots
Fruit & Veggie Bar
Assorted Milk

8
BBQ Rib Sandwich
Crinkle Cut French Fries
Dessert Surprise
Fruit & Veggie Bar
Assorted Milk

9
Macaroni & Cheese
Steamed Broccoli
Fruit & Veggie Bar
Assorted Milk

12
Mandarin Orange Chicken
Steamed Brown Rice
Steamed Broccoli
Fortune Cookie
Fruit & Veggie Bar
Assorted Milk

13
Oven Baked Chicken
Mashed Potatoes & Gravy
Whole Wheat Roll
Fruit & Veggie Bar
Assorted Milk

14
Cheese Bosco Sticks
Seasoned Vegetables
Fruit & Veggie Bar
Assorted Milk

15
Southwester Taco Bowl
Spanish Rice
Cinnamon Churro
Fruit & Veggie Bar
Assorted Milk

16
Sliced Turkey & Gravy
Mashed Potatoes
Stuffing
Fruit & Veggie Bar
Assorted Milk

19
Holiday Break

20
Holiday Break

21
Holiday Break

22
Holiday Break

23
Holiday Break

26
Teriyaki Chicken
'Brown Rice
Steamed Broccoli
Fruit & Veggie Bar
Assorted Milk

27
Baked Chicken Nuggets
Cheesy Mashed Potatoes
Chocolate Chip Cookie
Fruit & Veggie Bar
Assorted Milk

28
Chicken Fried Steak
Mashed Potatoes & Gravy
Fruit & Veggie Bar
Assorted Milk

29
Cheese & Beef Calzones
Seasoned Green Beans
Fruit & Veggie Bar
Assorted Milk

30
Chicken Fried Steak
Mashed Potatoes & Gravy
Fruit & Veggie Bar
Assorted Milk

There is a choice of five entrees served daily with an unlimited fruit and vegetable bar
A different entree is offered daily or a choice of the following entrees are available

- Specialty Pizza
- Chicken Patty Sandwich
- Grab N' Go Chef Salad
- Bosco Sticks

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday **Tuesday** **Wednesday** **Thursday** **Friday**



5
 Sausage or Ham Burrito
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

6
 Pancakes or Pancake on a Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

7
 LPHS Egg Mc Muffin
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

1
 Biscuit & Gravy
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

2
 LPHS Breakfast Pizza
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

12
 Sausage or Ham Burrito
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

13
 Pancakes or Pancake on a Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

14
 LPHS Egg Mc Muffin
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

8
 Biscuit & Gravy
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

9
 LPHS Breakfast Pizza
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

15
 Biscuit & Gravy
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

16
 LPHS Breakfast Pizza
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

19
 Holiday Break

20
 Holiday Break

21
 Holiday Break

22
 Holiday Break

23
 Holiday Break

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 Sausage or Ham Burrito
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 Whole Grain Muffin Variety
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 LPHS Egg Mc Muffin
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 Fruit Juice
 Assorted Milk

29
 Biscuit & Gravy
 Oatmeal Bar
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30
 LPHS Breakfast Pizza
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
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School Information Breakfast is served at Bear Creek, Palmer Lake and Lewis-Palmer Elementary Schools & both high schools