

Monday

Tuesday

Wednesday

Thursday

Friday

Omega-3 Fats are crucial for good health and most of us don't get enough. A low intake of omega-3 is associated with a lower IQ, depression, various mental disorders, and also heart disease. Try to increase your intake of omega-3 by adding good sources like mackerel, salmon, herring, cod liver oil, flaxseeds and chia seeds to your diet.

4
 Penne Pasta with Alfredo Sauce
 Steamed Carrots
 Roll
 Veggie & Fruit Bar
 Assorted Milk

5
 Pizza Stixs
 Steamed Broccoli
 Holiday Dessert
 Veggie & Fruit Bar
 Assorted Milk

6
 Taquitos
 Spanish Rice
 Churro
 Veggie & Fruit Bar
 Assorted Milk

7
 Chicken Fried Steak
 Mashed Potatoes & Gravy
 Steamed Green Beans
 Veggie & Fruit Bar
 Assorted Milk

8
 Hot Dog on Bun
 Baked Beans
 Italian Salad
 Veggie & Fruit Bar
 Assorted Milk

11
 Baked Mini Corndogs
 Sweet Potato Fries
 Veggie & Fruit Bar
 Assorted Milk

12
 Popcorn Chicken
 Baked French Fries
 Veggie & Fruit Bar
 Assorted Milk

13
 Teriyaki Chicken
 Seasoned Broccoli
 Steamed Brown Rice
 Veggie & Fruit Bar
 Assorted Milk

14
 Hamburger Bar
 Baked French Fries
 Valentine Dessert
 Veggie & Fruit Bar
 Assorted Milk

15
 Southwestern Taco Bowl
 Cinnamon Churro
 Veggie & Fruit Bar
 Assorted Milk

18
**No School
 District is Closed**

19
 Mandarin Orange Chicken
 Steamed Brown Rice
 Broccoli
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

20
 Spaghetti & Meat Sauce
 Green Beans
 Fresh Roll
 Veggie & Fruit Bar
 Assorted Milk

21
 Chicken Patty Sandwich
 Potato Tater Tots
 Chocolate Chip Cookie
 Veggie & Fruit Bar
 Assorted Milk

22
 Tomato Soup
 Grilled Cheese
 Veggie & Fruit Bar
 Assorted Milk

25
 Pizza Stixs
 Steamed Carrots
 Chocolate Chip Cookie
 Veggie & Fruit Bar
 Assorted Milk

26
 Baked Corndog
 Sweet Potato Fries
 Veggie & Fruit Bar
 Assorted Milk

27
 Hamburger Bar
 Baked French Fries
 Veggie & Fruit Bar
 Assorted Milk

28
 Teriyaki Chicken
 Seasoned Broccoli
 Steamed Brown Rice
 Veggie & Fruit Bar
 Assorted Milk

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

- Specialty Pizza
- Chicken Patty Sandwich
- Hamburger on Bun
- Grab N' Go Salads

**USDA is an equal
 employer**

**Breakfast is served at Bear Creek, Palmer Lake and Lewis
 Palmer Elementary Schools and all secondary schools**

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MySchoolBucks.com