

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal opportunity provider and employer



- 5**
1. Bosco Cheese Sticks
Steamed Green Beans
Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 6**
1. Domino's Pepperoni Pizza
Steamed Corn
 2. Sunbutter Sandwich Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 7**
1. Mini Cinnis Sausage, Hash Browns
Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1**
1. Chili w/ Saltines
Cinnamon Roll
Chilled Fruit
 2. Sunbutter Cup Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 2**
1. Chicken Fried Steak
Mashed Potatoes with Country Gravy, Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

12

No School

- 13**
- Palmer Lake Holiday Meal
1. Mini Corn Dogs
Baked Sweet Potato Fries
Frozen Fruit Sorbet
 2. Sunbutter Sandwich Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 14**
- Lewis-Palmer Holiday Meal
1. Dominos Cheese Pizza
Steamed Broccoli
Canned Fruit
 2. Yogurt Grab & Go Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 15**
- Prairie Winds Holiday Meal
1. Popcorn Chicken
Steamed Broccoli
Chilled Applesauce
 2. Sunbutter Cup Grab & Go
 3. Chef Salad Meal
Fruit & Vegetable Bar

- 16**
- Bear Creek Holiday Meal
1. Tomato Soup
Grilled Cheese Sandwich
Sorbet Cup
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

19

Holiday Break

20

Holiday Break

21

Holiday Break

22

Holiday Break

23

Holiday Break

- 26**
1. Domino's Pepperoni Pizza,
Steamed Carrots
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 27**
1. Teriyaki Chicken
Brown Rice
Steamed Broccoli, Fruit
Mini Chocolate Oatmeal Bar
 2. Sunbutter Sandwich Meal
 3. Chef Salad Meal
Fruit & Veggie Bar

- 28**
1. Hot Dog on a Bun
Sweet Potato Fries
Chilled Fruit
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 29**
1. Chicken Tenders
Mashed Potatoes & Gravy
Applesauce, Chex Mix
 2. Sunbutter Cup Grab & Go
 3. Chef Salad Meal
Fruit & Vegetable Bar

- 30**
1. Macaroni & Cheese
Mixed Vegetables
Fruit Sorbet Cup
 2. Fruit & Yogurt Meal
 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

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, and they are very tasty

Meals Prices: K-6th grade: \$2.90
Milk: \$.60



Menu is subject to change if products aren't available or are recalled

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



			<p>1</p> <p>Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>2</p> <p>Whole Wheat Donut Wheels Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>
<p>5</p> <p>Mini Cinnamon Rolls Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>6</p> <p>Breakfast Pizza Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>7</p> <p>Cereal Variety Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>8</p> <p>Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>9</p> <p>Whole Wheat Donut Wheels Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>
<p>12</p> <p>Mini Cinnamon Rolls Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>13</p> <p>Breakfast Pizza Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>14</p> <p>Cereal Variety Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>15</p> <p>Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>16</p> <p>Whole Wheat Donut Wheels Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>
<p>19</p> <p>Holiday Break</p>	<p>20</p> <p>Holiday Break</p>	<p>21</p> <p>Holiday Break</p>	<p>22</p> <p>Holiday Break</p>	<p>23</p> <p>Holiday Break</p>
<p>26</p> <p>Mini Cinnamon Rolls Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>27</p> <p>Breakfast Pizza Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>28</p> <p>Cereal Variety Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>29</p> <p>Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>	<p>30</p> <p>Whole Wheat Donut Wheels Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk</p>

School Information Breakfast is served at Bear Creek, Palmer Lake and Lewis-Palmer Elementary Schools & both high schools