

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 Potato Wedges
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

7
 Chicken Alfredo
 Seasoned Vegetable
 Whole Wheat Roll
 Fruit & Veggie Bar
 Assorted Milk

8
 Chicken Enchilada
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

9
 Chicken Fried Steak
 Mashed Potatoes & Gravy
 Fruit & Veggie Bar
 Assorted Milk

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

13
 Cheese Bosco Sticks
 Seasoned Vegetables
 Fruit & Veggie Bar
 Assorted Milk

14
 Taquitos
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

15
 Chunky Turkey Gravy with
 Mashed Potatoes
 Whole Wheat Roll
 Holiday Dessert
 Fruit & Veggie Bar
 Assorted Milk

16
 Chicken Tenders
 Baked French Fries
 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
 PRHS Specialty Pizza
 Green Beans
 Fruit & Veggie Bar
 Assorted Milk

29
 Chicken & Rice Burrito
 Mashed Potatoes w/ Green Chili
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

30
 Bacon Cheeseburger
 Baked Beans
 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
 Grab N Go Chef or Veggie Salad



Monday

Tuesday

Wednesday

Thursday

Friday



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

6
 Breakfast Bear Burger
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

7
 Egg Sausage Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

1
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

2
 Croissant Sandwich
 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
 Breakfast Bear Burger
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

14
 Egg Sausage Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

8
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

9
 Croissant Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

15
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

16
 Croissant Sandwich
 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

26
 Sausage or Ham Burrito
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

27
 Breakfast Bear Burger
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

28
 Egg Sausage Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

29
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

30
 Croissant Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

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