

DECEMBER 2018

Palmer Lake Elementary Menu

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

Monday

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

- 1. Dominos Pepperoni Pizza **10**
Seasoned Corn
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Bar

- 1. Mandarin Orange Chicken **17**
Broccoli, Brown Rice
Mini Choc. Bar
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Bar

Holiday Break **24**

Holiday Break **31**

Tuesday

- 1. Domino's Cheese Pizza **4**
Steamed Broccoli
- 2. Sunbutter Sandwich Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Popcorn Chicken **11**
Broccoli,
Chilled Fruit
Mini Oatmeal Chocolate Bar
- 2. Sunbutter Sandwich Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Dominos Cheese Pizza **18**
Green Beans
Chilled Fruit
- 2. Sunbutter Sandwich Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

Holiday Break **25**

Wednesday

- 1. Chicken Nuggets **5**
Mashed Potatoes & Gravy
Chex Mix, Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1. Taco Salad **12**
Steamed Green Beans
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Meal

- 1. Chili w/ Saltines **19**
Cinnamon Roll
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Meal

Holiday Break **26**

Thursday

- 1. Hamburger on Bun **6**
Steamed Carrots
Chilled Fruit
- 2. Sunbutter Cup Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Mini Cinnis **13**
Sausage Patty
Tri Tater
Strawberries Cups
- 2. Sunbutter Cup Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

- 1. Hot Dog on a Bun **20**
Potato Wedges
Chilled Fruit
Holiday Surprise
- 2. Sunbutter Cup Meal
- 3. Chef Salad Meal
Fruit & Veggie Bar

Holiday Break **27**

Friday

- 1. Mini Corn Dogs **7**
Baked Beans
Chilled Fruit
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

- 1. Chicken Patty **14**
Sandwich, Steamed Carrots
Frozen Fruit Sorbet
- 2. Fruit & Yogurt Meal
- 3. Chicken Strip Meal
Fruit & Veggie Bar

Holiday Break **21**

Holiday Break **28**

Meals Prices: K-6th grade: \$2.90
Milk: \$.60
Menu is subject to change if products aren't available or are recalled



A la carte sales are available for purchase to all students and charges are applied to all students including free & reduced students

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DECEMBER 2018

Palmer Lake Elementary Breakfast

Breakfast: \$1.75
 Reduced: \$.00
 Free: \$.00

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Cinnamon Rolls Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	4 Breakfast Pizza Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	5 Cereal Variety Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	6 Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	7 Whole Wheat Donut Wheels Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk
10 Mini Cinnamon Rolls Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	11 Breakfast Pizza Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	12 Cereal Variety Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	13 Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	14 Whole Wheat Donut Wheels Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk
17 Mini Cinnamon Rolls Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	18 Breakfast Pizza Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	19 Cereal Variety Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	20 Banana Bread Oatmeal Bar Muffin Fresh Fruit or Canned Fruit Fruit Juice Assorted Milk	21 Holiday Break
24 Holiday Break	25 Holiday Break	26 Holiday Break	27 Holiday Break	28 Holiday Break
31 Holiday Break	School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools			A good breakfast should include carbohydrate and protein. Carbs give you energy and protein slows the absorption of sugars and gives you staying power till your



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