

# Menus

School: Livingston County R-3

Academic Year: 2018-19

Meal: All

Month: December 2018

December				
M	Tu	W	Th	F
3 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, juice, fruit, milk <b>Lunch:</b> Tomato soup, grilled cheese, celery sticks, fruit, milk	4 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, juice, fruit, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	5 <b>Breakfast:</b> Scrambled eggs, whole wheat toast, juice, fruit, milk <b>Lunch:</b> Lasagna roll-up, tossed Romaine salad, w/low-fat Ranch, green beans, fruit, milk	6 <b>Breakfast:</b> Whole grain biscuit, egg patty, juice, fruit, milk <b>Lunch:</b> Hot dog on whole wheat bun, potato wedges, whole kernel corn, fruit, milk	7 <b>Breakfast:</b> Whole grain cereal bar, Go-Gurt, juice, fruit, milk <b>Lunch:</b> Walking tacos w/shredded cheese, shredded lettuce, refried beans, fruit, milk
10 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, juice, fruit, milk <b>Lunch:</b> Grilled chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	11 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, juice, fruit, milk <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	12 <b>Breakfast:</b> Whole grain biscuit, sausage gravy, juice, fruit, milk <b>Lunch:</b> Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	13 <b>Breakfast:</b> Cheese omelet, whole wheat toast, juice, fruit, milk <b>Lunch:</b> Baked ham, mashed potatoes & gravy, green beans, hot rolls, fruit, milk	14 <b>Breakfast:</b> Breakfast pizza, juice, fruit, milk <b>Lunch:</b> Chicken noodle soup, PBJ jamwich, celery sticks, raw baby carrots, fruit, milk
17	18	19	20	21
24	25	26	27	28
31	1	2	3	4

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