

MENUS FOR DECEMBER 2013



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Monday, December 2

Breakfast Items
Sausage Pancake Bites (19g)
WG Blueberry Muffin (25g)
Entrée Choices
WG Pretzel (28g)w/Cheese Sauce (6g)
Popcorn Chicken(13g)
Side Items
Cauliflower(2.56g) w/Ranch(1g)
Green Beans(3.86g)
Orange Smiles(15.4g)
Pineapple Tidbits(15.5g)
Condiments
Honey Mustard(10g),Ketchup(2g)
Don't Forget Your Milk

Tuesday, December 3

Breakfast Items
Cinnamon Glazed French Toast W/Sausage Links(29g)
Berry Mini Loaf (30g)
Entrée Choices
Hamburger(1g) on Bun(29g)
BBQ on Bun(47.3g)
Side Items
Broccoli(9.42g)
Potato Smiles(19.97g)
Lettuce(.14g)/Tomato(1.02g)
Pickle Slices(0g)
Orange Smiles(15.4g)
Peach Slices(16.5g)
Jello w/Whipped Topping(17g/2g)
Condiments
Ketchup(2g) Mustard (0g), Salad Dressing (1g), Mayonnaise (0g)
Don't Forget Your Milk

Wed., December 4

Breakfast Items
Breakfast Pizza (24g)
WG Apple Muffin (26g)
Entrée Choices
Taco(2.01g), Cheese(1.01g) & Chips(20g) w/Mexican Rice(16.31g)
Fiestada Pizza(52g)
Side Items
Corn(18.77g)
Refried Beans(18.93g)
Chopped Lettuce/Tomato(1g) Salsa(3.1g)
Orange Smiles(15.4g)
Applesauce(22g)
Condiments
Taco Sauce(1g)
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Thursday, December 5

Breakfast Items
WG Brown Sugar Cinnamon Poptart (37g)
WG Banana Muffin(26g)
Entrée Choices
Pizza Crunchers(41g)
Honey BBQ Pork Bites (7g)w/WG Roll (20g)
Side Items
Spinach Salad w/Mandarin Oranges(6g)
Veggie Confetti(12g)
Orange Smiles(15.4g)
Mixed Fruit (16g)
Pudding Cup(23g)
Condiments
Strawberry Vinaigrette Dressing(5.32g), Promise Margarine (0g)
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Friday, December 6

Breakfast Items
Chicken Biscuit(30.5g)
WG Chocolate Chip Muffin(27g)
Entrée Choices
WG Chicken Strips(16g) w/WG Roll(20g)
Fish Nuggets(21.73g) w/Hush Puppies (12g)
Side Items
Tossed Salad(4.76g)
Baby Carrots
Baked Beans(32.97g)
Orange Smiles(15.4g)
Sliced Pears(18g)
Condiments
Ranch Dressing(1g), Honey Mustard (10g),Ketchup(2g), Promise Margarine (0g)
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Monday, December 9

Breakfast Items
Pizza Strip(28g)
WG Blueberry Muffin(25g)
Entrée Choices
Mandarin Chicken(25g) w/Rice (30.1g)
Mini Corn Dogs(31g)
Side Items
Veggie Provence(7g)
Baby Carrots(5.79g) w/Ranch(1g)
Banana(26g)
Peach Slices(16.5g)
Condiments
Ranch Dressing(1g), Ketchup(2g), Mustard (0g)
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Tuesday, December 10

Breakfast Items
Yogurt Parfait w/Granola
Orange Mini Loaf (28g)
Entrée Choices
Turkey Roast w/Gravy(2g)
WG Chicken Nuggets(14g)
Side Items
Mashed Potatoes(16.52g)
Broccoli (9.42g)
Banana(26g)
Applesauce(22g)
WG Roll (20g)w/Margarine(0g)
WG Sugar Cookie(19g)
Condiments
Honey Mustard(10g)BBQ Sauce(7.5g) Ketchup(2g)
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Wed., December 11

Breakfast Items
Breakfast Pizza (24g)
WG Apple Muffin (26g)
Entrée Choices
Scrambled Egg(1g), Sausage(1g) or Ham(1.5g)
Cheese Breadsticks(34g)
Side Items
Biscuit(23g) w/Jelly(9g)
Hash Brown Sticks(15.92g)
Banana(26g)
Baked Apples(26g)
Condiments
Ketchup(2g), Promise Margarine (0g)
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Thursday, December 12

Breakfast Items
WG Chocolate Chip Snack n Waffles(43g)
WG Banana Muffin(26g)
Entrée Choices
Chicken Rings (16g)w/WG Roll(20g)
BBQ Pork Rib(12g) w/WG Roll(20g)
Side Items
Tossed Salad(4.76g) w/Ranch(1g)
Cooked Carrots(9.89g)
Baked Beans(32.97g)
Banana(26g)
Mixed Fruit (16g)
Pudding Cup(23g)
Condiments
Honey Mustard(10g)BBQ Sauce(7.5g), Ketchup(2g), Promise Margarine
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Friday, December 13

Breakfast Items
Ham & Cheese Biscuit(25g)
WG Chocolate Chip Muffin(27g)
Entrée Choices
WG 4x6 Stuffed Crust Cheese Pizza (V)(40g)
WG 4x6 Stuffed Crust Pepperoni Pizza (P)(40g)
Side Items
Sweet Potato Fries(29.5g)
Green Beans(4.54g)
Banana(26g)
Mixed Fruit (16g)
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Breakfast Available Daily

Cereal Choices
Mon, Wed and Fri
Reduced Sugar Apple Jacks (19g)
Fruity Cheerios (20g)
Cocoa Puffs (20g)
Reduced Sugar Fruit Loops (19g)
Reduced Sugar Trix (18g)
Rice Chex (GF) (16g)

Tue and Thurs
Chocolate Frosted Mini Wheats (23g)
RS Frosted Flakes Multigrain (24g)
Frosted Mini Wheats (23g)
Golden Grahams

White Milk (12g)
Strawberry Milk (25g)
Chocolate Milk (23g)
Apple Juice(14g)
Grape Juice (18g)
Orange Juice (13g)
Pineapple Orange (13g)
Fresh Apple (10.5g)
Fresh Orange (9g)
Fresh Banana (26g)

Monday, December 16

Breakfast Items
Sausage Biscuit(25g)w/Jelly(9g)
WG Blueberry Muffin(25g)
Entrée Choices
WG Chicken Patty(15g) w/WW Roll(20g)
Ham & Cheese (1.5g) on W G Pretzel Roll (29g)
Side Items
Steamed Broccoli(9.42g)
Baby Carrots (5.79g)
Fresh Apple(15g)
Pineapple Tidbits(15.5g)
Condiments
Honey Mustard(10g)BBQ Sauce(7.5g)
Ketchup(2g), Ranch Dressing (1g), Promise Margarine (0g)
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Tuesday, December 17

Breakfast Items
Mini Maple Eggo Waffle(35g)
Orange Mini Loaf(28g)
Entrée Choices
WG Spaghetti w/Meat Sauce(30g) w/WG Breadstick(10g)
Cheese Quesadilla(35g)w/Salsa(3.1g)
Side Items
Tossed Salad(4.76g)
Ranch Dressing(1g)
Green Beans(3.86g)
Fresh Apple(15g)
Peach Slices(16.5g)
WG Oatmeal Cookie(18g)
Condiments
Ranch Dressing (1g)
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Wed., December 18

Breakfast Items
Breakfast Pizza (24g)
WG Apple Muffin (26g)
Entrée Choices
Hot Dog(1g) on Bun(26g)
Chicken Tender Wrap w/Cheese (35.6g)
Side Items
Vegetarian Baked Beans(32.97g)
Cole Slaw(7.14g)
Fresh Apple(15g)
Mandarin Oranges(19g)
Condiments
Mustard,(0g)Ketchup(2g)
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Thursday, December 19

Breakfast Items
Mini Blueberry Waffles(38g)
WG Banana Muffin(26g)
Entrée Choices
Grilled Cheese (V)(31g)
Hamburger(1g) on Bun(29g)
Side Items
Sunshine Carrots(5.62g)
Tater Tots w/Ketchup
Fresh Apple(10.5g)
Mixed Fruit(16g)
WG Chocolate Chip Cookie(19g)
Condiments
Ketchup(2g) Mustard (0g), Salad Dressing (1g), Mayonnaise (0g)
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Friday, December 20

Breakfast Items
Breakfast Wrap (14g)
WG Chocolate Chip Muffin(27g)
Entrée Choices
WG 4x6 Stuffed Crust Cheese Pizza (V)(40g)
WG 4x6 Stuffed Crust Pepperoni Pizza (P)(40g)
Side Items
Corn(18.77g)
Nantucket Blend(4.52g)
Fresh Apple(15g)
Sliced Pears(18g)
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'sno jokes'

Winter Holiday begins at the end of classes
Friday, December 20
Classes resume
Monday, January 6