

SAVORY CRAVINS 2011



DECEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1sv Bagel w/ Cream Cheese 1SV Hard Boiled Egg 8oz 1% FI / 1% UF Milk 8oz Skim Milk	2 3oz Hash Brown 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk
5 1sv Oatmeal Apple Bar 4oz 100% Fruit Juice 8oz 1% FI / 1% UF Milk 8oz Skim Milk	6 2sv Pancakes w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	7 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk	8 1sv English Muffin w/ Jelly 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	9 3oz Hash Brown 1sv Hard Boiled Egg 8oz 1% FI / 1% UF Milk 8oz Skim Milk
12 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk	13 1sv Assorted Muffin 1sv Hard Boiled Egg 8oz 1% FI / 1% UF Milk 8oz Skim Milk	14 1sv Bagel w/ Cream Cheese 1oz Turkey Bologna 8oz 1% FI / 1% UF Milk 8oz Skim Milk	15 3oz Hash Brown 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	16 1sv Oatmeal Apple Bar 4oz 100% Fruit Juice 8oz 1% FI / 1% UF Milk 8oz Skim Milk
19 1sv Assorted Cereal 1sv Lowfat Yogurt 8oz 1% FI / 1% UF Milk 8oz Skim Milk	20 2sv Buttermilk Pancakes w/ Syrup 1oz Turkey Sausage 8oz 1% FI / 1% UF Milk 8oz Skim Milk	21 CLOSED WINTER HOLIDAY	22 CLOSED WINTER HOLIDAY	23 CLOSED WINTER HOLIDAY
26 CLOSED WINTER HOLIDAY	27 CLOSED WINTER HOLIDAY	28 CLOSED WINTER HOLIDAY	29 CLOSED WINTER HOLIDAY	30 CLOSED WINTER HOLIDAY

- *All items are subject to change according to USDA guidelines;
- *Fresh fruits and vegetables are served daily and are at least ¼ cup per serving and all grain/bread products are enriched or whole grain;
- *Each meal includes 1% Unflavored, 1% Flavored and Skim milk that are free of artificial hormones and antibiotics;
- *Local Distributor – Harrisburg Dairies PO Box 2001 Harrisburg, PA 17105-2001 1-800-692-7429
- *Practices Sustainable Agriculture as described in the Healthy Schools Act
- *Vegetarian meals are served weekly and dairy free items are available as needed
- *Alternative items are available to substitute seafood products.

SAVORY CRAVINS 2011



DECEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3oz Chicken Frank 1/4c BBQ Baked Beans 4oz 100% Fruit Juice 1sv WG Hot Dog Bun 8oz 1% FI / 1% UF Milk 8oz Skim Milk	2 5oz Teriyaki Meatballs 1/4c Collard Greens 1/4c Fresh Sliced Oranges 1sv WG Brown Rice 8oz 1% FI / 1% UF Milk 8oz Skim Milk
5 3oz Veggie Stir Fry Wrap 1/4c Buttered Spinach 1/4c Apple Crisp 1sv WG Soft Tortilla Wrap 8oz 1% FI / 1% UF Milk 8oz Skim Milk ☐	6 5oz Chicken Nuggets 1/4c Buttered Carrots 1/4c Fresh Sliced Oranges 1sv WG Rice Pilaf 8oz 1% FI / 1% UF Milk 8oz Skim Milk	7 6oz WG Turkey Roni 1/4c Collard Greens 1/4c Whole Fresh Banana 1sv WG Macaroni 8oz 1% FI / 1% UF Milk 8oz Skim Milk	8 3oz Hamburger 1/4c BBQ Baked Beans 4oz 100% Fruit Juice 1sv WG Hamburger Bun 8oz 1% FI / 1% UF Milk 8oz Skim Milk	9 3oz Turkey Sandwich 1/4c Mixed Green Salad 1/4c Diced Pears 2sv WG Wheat Bread 8oz 1% FI / 1% UF Milk 8oz Skim Milk
12 3oz Chicken Pizza 1/4c Buttered Carrots 1/4c Peach Crisp 1sv WG Wheat Roll 8oz 1% FI / 1% UF Milk 8oz Skim Milk	13 6oz Veggie Spaghetti 1/4c Buttered Spinach 1/4c Whole Fresh Banana 1sv WG Spaghetti 8oz 1% FI / 1% UF Milk 8oz Skim Milk ☐	14 3oz Turkey Frank 1/4c BBQ Baked Beans 1/4c Fresh Sliced Oranges 1sv WG Hot Dog Bun 8oz 1% FI / 1% UF Milk 8oz Skim Milk	15 3oz Turkey Ham Wrap 1/4c Mixed Green Salad 1/4c Diced Pears 1sv WG Soft Tortilla 8oz 1% FI / 1% UF Milk 8oz Skim Milk	16 6oz Cheese & Ham Cass. 1/4c Collard Greens 1/4c 100% Fruit Juice 1sv WG Elbow Macaroni 8oz 1% FI / 1% UF Milk 8oz Skim Milk
19 6oz WG Vegetable LoMein 1/4c Veggie Egg Roll 1/4c 100% Fruit Juice 1sv WG Linguine 8oz 1% FI / 1% UF Milk 8oz Skim Milk ☐	20 3oz Tur Bologna Wrap 1/4c Mixed Green Salad 1/4c Diced Pears 1sv WG Soft Tortilla 8oz 1% FI / 1% UF Milk 8oz Skim Milk	21 CLOSED WINTER HOLIDAY	22 CLOSED WINTER HOLIDAY	23 CLOSED WINTER HOLIDAY
26 CLOSED WINTER HOLIDAY	27 CLOSED WINTER HOLIDAY	28 CLOSED WINTER HOLIDAY	29 CLOSED WINTER HOLIDAY	30 CLOSED WINTER HOLIDAY

*All items are subject to change according to USDA guidelines;

*Fresh fruits and vegetables are served daily and are at least ¼ cup per serving and all grain/bread products are enriched or whole grain;

*Each meal includes 1% Unflavored, 1% Flavored and Skim milk that are free of artificial hormones and antibiotics;

*Local Distributor – Harrisburg Dairies PO Box 2001 Harrisburg, PA 17105-2001 1-800-692-7429

*Practices Sustainable Agriculture as described in the Healthy Schools Act

*Vegetarian meals are served weekly and dairy free items are available as needed

*Alternative items are available to substitute seafood products.

*Veggie Egg Rolls contain cabbage and carrots; Also Mixed Green Salad is made up of Iceberg and Romaine Lettuce

*Fruits are locally grown at H&D Farms in Gettysburg, PA 17325..