

East Chambers Primary
December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3 KOLACHE</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun Potato Smiles Broccoli and Cheese Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>4 POP TART</u> Chicken Fajitas or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>5 SAUSAGE PANCAKE BITES</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>6 CEREAL W/ POPTART</u> Chicken Parmesan or Strawberry Parfait Mashed Potatoes W/ Gravy Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>7 PANCAKES</u> Corn Dogs or Ham and Cheese Sandwich Sweet Potato Fries Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>10 HONEY BUN</u> Hot Dog on Bun or Hot and Spicy Chicken Patty on Bun Pork-n-Beans French Fries Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>11 CEREAL W/ POP TART</u> Beef and Cheese Burrito or Crispy Beef Tacos Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>12 BREAKFAST PIZZA</u> Cheese Pizza or Chef Salad Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>13 POP TART</u> Spaghetti W/ Meat Sauce or Yogurt Tray Green Peas Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>14 FRENCH TOAST STICKS</u> Chicken Tenders w/ Roll or Ham and Cheese Wrap Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk
<u>17 KOLACHE</u> Chicken Patty on Bun or Hot and Spicy Chicken Patty on Bun "Pizza" Green Beans Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>18 POP TART</u> Beef and Cheese Nachos or Breaded Beef on Bun Refried Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>19 SAUSAGE PANCAKE BITES</u> Oven Fried Chicken or Yogurt Tray Mashed Potatoes Gravy Cheesy Green Beans Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>20 CEREAL W/ POPTART</u> Pepperoni Pizza Yogurt Tray Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	21

