

BREAKFAST

December 2014

DILLER-ODELL PUBLIC SCHOOL

Breakfast Fact

The American Academy of Pediatrics recommends yogurt as a dairy product for children with lactose intolerance.

Reference: Heyman MB. Pediatrics. 2006.

* monday

* tuesday

* wednesday

* thursday

* friday

WG CEREAL
WG TOAST
FRUIT
JUICE
MILK

1

BISCUIT
SAUSAGE GRAVY
FRUIT
JUICE
MILK

2

FRENCH TOAST STIX
FRUIT
JUICE
MILK

3

BREAKFAST PIZZA
FRUIT
JUICE
MILK

4

WG CEREAL
WG POPTART
FRUIT
JUICE
MILK

5

WG CEREAL
WG TOAST
FRUIT
JUICE
MILK

8

EGG FRITTATA
MUFFIN
FRUIT
JUICE
MILK

9

PANCAKE & SAUSAGE
ON A STICK
FRUIT
JUICE
MILK

10

YOGURT SMOOTHIE
WG TOAST
FRUIT
JUICE
MILK

11

WG CEREAL
WG POPTART
FRUIT
JUICE
MILK

12

WG CEREAL
WG TOAST
FRUIT
JUICE
MILK

15

WAFFLES
FRUIT
JUICE
MILK

16

FRENCH TOAST STIX
FRUIT
JUICE
MILK

17

BISCUITS
SAUSAGE GRAVY
FRUIT
JUICE
MILK

18

WG CEREAL
WG POPTART
FRUIT
JUICE
MILK

19

22

23

24

25

26

29

30

31

LUNCH

December 2014

DILLER-ODELL PUBLIC SCHOOL

Lunch Fact

MyPlate recommends:

Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* monday

BBQ PORK ON WG ROLL **1**
POTATO ROUNDS
BABY CARROTS
PINEAPPLE
MILK

* tuesday

SPICY GARLIC CHICKEN **2**
WRAP
SWEET POTATO FRIES
APPLESAUCE
AUTUMN SPICE BAR MILK

* wednesday

MINI CORNDOGS **3**
BAKED BEANS
CHERRY CRISP
MILK

* thursday

CAVATINI **4**
LETTUCE SALAD
SLICED PEARS
FRENCH BREAD
MILK

* friday

CHICKEN PATTY ON **5**
WG BUN
POTATO WEDGES
GREENBEANS
GRAPES MILK

BBQ MEATBALLS **8**
MACARONI & CHEESE
PEAS
FRUIT COCKTAIL
WG ROLL MILK

BREADED CHIICKEN **9**
PATTY
MASHED POTATOES
CORN
TROPICAL FRUIT SALAD
WG ROLL MILK

CHILI CRISPITO **10**
REFRIED BEANS
LETTUCE SALAD
APPLESAUCE
MILK

BBQ RIB ON WG BUN **11**
POTATO SALAD
BABY CARROTS
PINEAPPLE
MILK

CHICKEN TERIYAKI **12**
BROWN RICE
ORIENTAL VEGETABLES
SLICED PEACHES
WG ROLL MILK

CHILI OR **15**
CHICKEN NOODLE SOUP
FRESH VEGGIES
SLICED PEACHES
CINNAMON ROLL MILK

CHICKEN TENDER **16**
SCALLOPED POTATOES
SLICED CARROTS
FRUIT COCKTAIL
WG ROLL MILK

PIG IN A BLANKET **17**
BAKED BEANS
GRAPES
PUDDING CUP
MILK

SPAGHETTI/MEATSAUCE **18**
LETTUCE SALAD
SLICED PEARS
GARLIC BREAD
MILK

PIZZA **19**
CORN
FRUIT CHOICE
SUGAR COOKIE
MILK

22

23

24

25

26

29

30

31