

Lunch Menu

December 2009

Monday <i>11/30</i>	Tuesday <i>1</i>	Wednesday <i>2</i>	Thursday <i>3</i>	Friday <i>4</i>
Mac 'n cheese OR Egg, cheese & sausage on whole wheat bagel Tator tots 1% milk Applesauce	Taco Tuesday OR Hot dog on whole grain bun Golden corn 1% milk Assorted Fruit Choices	Chicken & Dumplings OR Deli turkey sandwich Steamed peas 1% milk Jello w/fruit	Hamburger on whole grain bun OR Chicken Caesar Pasta Salad Tator tots 1% milk Assorted Fruit Choices	EARLY DISMISSAL K-5 & RT
<i>7</i> COOK'S CHOICE Green Beans 1% milk Assorted Fruit Choices	<i>8</i> Jaylind Special: Chicken nuggets OR Beef ravioli Tator tots 1% milk Assorted Fruit Choices	<i>9</i> Spicy chicken fillet OR BBQ Pork Rib Patty Baked beans 1% milk Pear	<i>10</i> Santa Fe Pasta w/scoops OR Chicken Rings, corn Cookie treat 1% milk Apple slices	<i>11</i> Pizza OR Grilled cheese sandwich Mixed veggies 1% milk Assorted Fruit Choices
<i>14</i> Cheeseburger on whole grain bun OR Mac 'n cheese Baked beans 1% milk Applesauce	<i>15</i> Stuffed Pizza Dippers OR Chicken Noodle Dinner Golden corn Tuesday Treat 1% milk Blueberries	<i>16</i> Beef Nacho Scoops OR Chicken tenders Baked fries 1% milk Assorted Fruit Choices	<i>17</i> Lasagna OR Hot 'n Spicy Chicken patty on whole grain bun Green beans 1% milk Assorted Fruit Choices	<i>18</i> Pizza OR Fish 1% milk Assorted Fruit Choices
<i>21</i> Hot 'n Spicy Chicken Tenders OR Hot dog Tator tots 1% milk Assorted Fruit Choices	<i>22</i> COOK'S CHOICE Mixed veggies 1% milk Assorted Fruit Choices	<i>23</i> WINTER BREAK	<i>24</i> WINTER BREAK	<i>25</i> WINTER BREAK
<i>28</i> WINTER BREAK	<i>29</i> WINTER BREAK	<i>30</i> WINTER BREAK	<i>31</i> WINTER BREAK	<i>1/1</i> WINTER BREAK



Grab & Go Breakfast



Those who eat breakfast have been shown less likely to develop diabetes or to become obese.

We encourage all students to participate in our breakfast program at

NO CHARGE.

The “**Grab & Go**” breakfast consists of yogurts and milks, fruits and juices, cereals, bagels, and hot item varieties.

Menu alternatives for “Special Dietary Needs” are available upon request – (advance notification, please).

Get Milk

Good news: Flavored milk gives your youngster the same nutrients and health benefits as white milk does. And many children are more apt to drink milk when it tastes like strawberry or chocolate.

Elementary School Students Meal..... **\$2.00**
Snack Items* **50¢**

**(AVAILABLE TO THOSE STUDENTS WHO FIRST HAVE A MEAL)*

Ingredient & Nutrient Information Available On The Web

Go to <http://www.pattonville.k12.mo.us> Select Programs & Services and then Food Services. Then click on the Nutrient Information LINK.

Cafeteria Balance

Notification by e-mail

Parents/guardians who wish to receive weekly e-mails regarding student account balances can give their e-mail address to the building principal’s office.

CAFETERIA ACCEPTS MEAL PAYMENT through Discover, Visa, and Mastercard via the WEB at: Cafeprepay.com



December CHARACTERplus:
KINDNESS (Amabilidad)
Caring about others and our world.