



**ALUMAS**  
**Select**  
**1/2 Cup of**  
**Fruits OR**  
**Vegetable**  
**Servings**

**Offered Daily**  
**1% Low Fat Milk**  
**Fats Free**  
**Chocolate Milk**



**DECEMBER 2018**      **Elementary - Secondary Menu**  
**BREAKFAST**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3 Apple Cinnamon Muffin Oatmeal Fresh Fruit Fruit Juice	4 Whole Grain Bagel With Cream Cheese & Jelly Yogurt Fruit Cup Fruit Juice	5 Egg on WW Biscuit Cheese Stick Fresh Fruit Fruit Juice	6 <b>NO SCHOOL</b> PROFESSIONAL DAY	7 <b>NO SCHOOL</b> PROFESSIONAL DAY
10 Corn Muffin Grits Fresh Fruit Fruit Juice	11 Whole Grain Bagel With Cream Cheese & Jelly Cheese Stick Fruit Cup Fruit Juice	12 Egg Cheese Omelet Yogurt Fresh Fruit Fruit Juice	13 Waffles With Syrup Sausage Patty Fruit Cup Fruit Juice	14 Blueberry WG Muffin Cheese Stick Fresh Fruit Fruit Juice
17 WG Banana Loaf Oatmeal Apple Sauce Fruit Juice	18 Whole Grain Bagel With Cream Cheese & Jelly Yogurt Fruit Cup Fruit Juice	19 Egg on WW Biscuit Cheese Stick Fresh Fruit Fruit Juice	20 Pancakes With Syrup Bacon Fruit Cup Fruit Juice	21 Assorted Cereal Graham Crackers Fresh Fruit Fruit Juice
24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28 <b>NO SCHOOL</b>
HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS

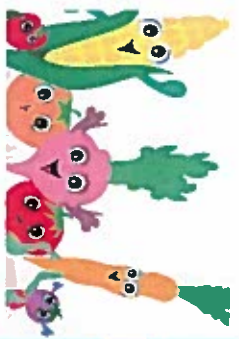
**Food Service Department**

[Foodservices@Hempsteadschools.org](mailto:Foodservices@Hempsteadschools.org)

Menus are subject to change

# December 2018 Elementary Menu PK-5

## LUNCH



### ALWAYS Select

### 1/2 Cup of Fruits OR Vegetable Serving

### Offered Daily

- \*Fruit Juice
- \*Fresh Fruits - Includes Fresh from the Farm
- \*1% Low Fat Milk
- Fats Free
- Chocolate Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Chicken Tenders With BBQ Sauce Sweet Potatoes	4 Grilled Cheese Sandwich Coleslaw	5 Chicken Parmesan With WG Pasta Roasted Carrots	6 <b>NO SCHOOL</b> PROFESSIONAL DAY	7 <b>NO SCHOOL</b> PROFESSIONAL DAY
10 Hamburgers On Wheat Bun Smile Tator Tots	11 Jamaican Beef Patty Roasted Vegetable Blend	12 Cranberry Chicken Salad On WW Roll Baby Carrots	13 Turkey Taco With Toppings Red Beans	14 Pepperoni Pizza Garden Salad
17 Roasted Chicken Corn	18 Meatball Sub On WG Hero Roasted Carrots	19 Turkey Hot Dogs Vegetarian Beans	20 Macaroni & Beef Broccoli	21 Cheese Pizza Garden Salad
24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28 <b>NO SCHOOL</b>
HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS

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**Available Daily:** Yogurt Parfaits, Sandwich of the Day, Salad of the Day