



# LARKSPUR ELEMENTARY DECEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Chicken Fried Steak w/Gravy</b> Whole Grain Roll Plus a choice of 3 Mashed Potatoes Mixed Vegetables Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit  Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables	2 <b>Corn Dog</b> <b>Macaroni &amp; Cheese</b> Plus a choice of 3 <b>Crispy Fries</b> <b>Tossed Salad w/Ranch Dressing</b> Gelatin w/Pears Canned & Fresh Seasonal Fruit  <b>Ham &amp; Cheese Muncher</b> w/Crackers Choice of 1 Fruit or Vegetable	3 <b>Crispy Beef Tacos</b> Spanish Rice Plus a choice of 3 Seasoned Pinto Beans Lettuce, Tomato & Cheese Chilled Peach Slices Canned & Fresh Seasonal Fruit  Yogurt Plate Choice of 3 Fruits or Vegetables	4 <b>Cheese Pizza</b> Hot Garlic Bread Plus a choice of 3 Whole Kernel Corn Celery w/Peanut Butter Fresh Seedless Grapes Canned & Fresh Seasonal Fruit  <b>Chicken BLT Salad</b> w/Crackers Choice of 1 Fruit or Vegetable	5 <b>Pizza Cheese Sticks</b> w/ Dipping Sauce Focaccia Bread Stick Plus a choice of 3 California Vegetables Savory Green Beans Frozen Juice Bar Canned & Fresh Seasonal Fruit  <b>Ham Wrap</b> w/Pickle Spear Choice of 2 Fruits or Vegetables
8 <b>Chicken Nuggets w/Gravy</b> Whole Grain Roll Plus a choice of 3 Ranch Style Beans Dill Pickle Fresh Apple Wedge Canned & Fresh Seasonal Fruit  Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables	9 <b>Spaghetti w/Meat Sauce</b> Hot Garlic Bread Plus a choice of 3 Savory Green Peas <b>Mixed Green Salad w/Dressing</b> Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit  <b>Ham &amp; Cheese Muncher</b> w/Crackers Choice of 1 Fruit or Vegetable	10 <b>Cheese Enchiladas w/Chili</b> Spanish Rice Plus a choice of 3 Seasoned Pinto Beans <b>Raw Vegetable Medley w/Dip</b> Chilled Applesauce Canned & Fresh Seasonal Fruit  Yogurt Plate Choice of 3 Fruits or Vegetables	11 <b>Pepperoni Pizza</b> Hot Garlic Bread Plus a choice of 3 Savory Green Peas Steamed Broccoli Fresh Strawberries/Kiwi Canned & Fresh Seasonal Fruit  <b>Ham Chef Salad</b> w/Crackers Choice of 1 Fruit or Vegetable	12 <b>Grilled Chicken on Wheat Bun</b> Plus a choice of 3 <b>Tater Tots</b> Lettuce, Tomato & Pickles Gelatin w/Mixed Fruit Canned & Fresh Seasonal Fruit  <b>Turkey Wrap</b> w/Pickle Spear Choice of 2 Fruits or Vegetables
15 <b>Steak Fingers w/Gravy</b> Whole Grain Roll Plus a choice of 3 Mashed Potatoes Savory Green Beans Fresh Orange Smiles Canned & Fresh Seasonal Fruit  Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables	16 <b>Breaded Chicken on Wheat Bun</b> Plus a choice of 3 <b>Spicy Hash Browns</b> Lettuce, Tomato & Pickles Chilled Peach Slices Canned & Fresh Seasonal Fruit  <b>Ham &amp; Cheese Muncher</b> w/Crackers Choice of 1 Fruit or Vegetable	17 <b>Bean &amp; Cheese Chalupas</b> Plus a choice of 3 Corn on the Cob Lettuce & Tomato Fresh Banana Canned & Fresh Seasonal Fruit  Yogurt Plate Choice of 3 Fruits or Vegetables	18 <b>Holiday Feast</b> <b>Roast Turkey w/Dressing &amp; Gravy</b> Hot Wheat Roll Plus a choice of 3 Mashed Potatoes <b>Steamed Broccoli w/Cheese</b> Hot Apple Crisp Canned & Fresh Seasonal Fruit  <b>Chicken Chef Salad</b> w/Crackers Choice of 1 Fruit or Vegetable	19 <b>Hot Dog on a Wheat Bun</b> <b>Macaroni &amp; Cheese</b> Plus a choice of 3 Baked Beans <b>Tossed Salad w/Ranch Dressing</b> Frozen Juice Bar Canned & Fresh Seasonal Fruit  <b>Ham Wrap</b> w/Pickle Spear Choice of 2 Fruits or Vegetables
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <h1 style="font-size: 48px; margin: 0;">Winter Break</h1> </div>  </div>				
<b>JANUARY MENU AT A GLANCE</b>				
5 Pancakes w/Syrup  <b>Chicken Tenders</b> w/ Gravy	6 Biscuit & Sausage  <b>Corn Dog</b>	7 Breakfast Scramble  <b>Beef &amp; Cheese Nachos</b>	8 Cinnamon Roll  <b>Pepperoni Pizza</b>	9 Blueberry Muffins  <b>Pizza Cheese Sticks</b> w/Dipping Sauce

Some of your favorite holiday feast foods can actually be good for you! **Steamed green beans**, **applesauce**, **cranberry sauce**, **baked sweet potatoes**, and **white meat turkey** are all healthy options packed with vitamins and other nutrients. Use them all to make a nutritious meal!



## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	2 Yogurt & Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	3 Waffle Sticks w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	4 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	5 Bacon & Egg or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
8 Pancakes w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	9 Biscuit & Sausage plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	10 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	11 Blueberry Muffins plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	12 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
15 Top Your Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	16 Sausage Kolache plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	17 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	18 French Toast Sticks w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	19 Potato & Egg or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR DECEMBER					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
Dec 1-5	723.48	24.86	8.14	32.58	93.96
Dec 8-12	737.85	23.15	8.45	35.57	97.07
Dec 15-19	713.38	23.28	7.52	32.3	97.28

Student Breakfast	\$0.90
Student Reduced Breakfast	\$0.30
Guest Breakfast	\$1.50
Student Lunch	\$1.75
Student Reduced Lunch	\$0.40
Guest Lunch	\$3.00

Breakfast and lunch include a choice of 1% lowfat milk 1% lowfat chocolate milk, 1% lowfat strawberry milk and 2% white.

Breakfast includes entrée & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available daily as alternate breakfast entrées.

Students may choose a combination of any two breakfast entrée items.

Students may decline any breakfast or lunch menu item, however, a minimum of 3 items must be selected. See cafeteria manager or web site for details.

**Menu items containing pork are:**

Chicken BLT Salad, Pepperoni Pizza, Breakfast Pizza, Breakfast Sausage, Bacon & Egg Taco, Breakfast Scramble, Sausage Kolache

**Menu items containing turkey are:**

Corn Dogs, Ham Chef Salad, Ham & Cheese Lunch Muncher, Ham Wrap, Hot Dogs, Turkey Wrap

**Breakfast entrée items that equal 2 entrées are:**

Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache

**Meatless Entrées:**

Baked Potato w/Cheese, Bean & Cheese Chalupas, Bean & Cheese Tacos, Cheese Nachos, Cheese Enchiladas, Cheese Pizza, Pizza Cheese Sticks, Yogurt Plate

Log on to: [www.neisd.net/foodserv/HTML/menus.html](http://www.neisd.net/foodserv/HTML/menus.html) to learn about making prepayments and student account information.

- For nutrition information on specific items served in the cafeteria, select the Nutrient Analysis link
- For monthly nutrition & wellness information, select the Nutrition Newsletters or Wellness Presentations link
- For contacting your cafeteria manager, select the Cafeteria Managers link

**Returned checks may be recovered electronically along with the state allowed fee**

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