

# DECEMBER

**Dec 2nd - Dec 20th**  
 Week #1: 2nd - 6th  
 Week #2: 9th - 13th  
 Week #3: 16th - 20th  
 Happy Holidays !!!!

## K - 3RD Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

### Hot Entrees

Choose from several fruit and veggie choices daily

**BIG Daddy's CHEESE Pizza**



**BIG Daddy's PEPPERONI Pizza**

**CHICKEN TENDERS**



breaded chicken tenders served with a whole grain roll

**BUFF-a-BURGER** 100% all beef burger w/american cheese on a WGR hamburger bun



**HOT DOGS**

All beef hotdog on a WG bun

### Cold Entrees

Choose from several fruit and veggie choices daily



Sliced apples w/peanut butter, cheesestick, WGR tortilla chips and salsa \*Gluten Free \*Vegetarian



**PEANUT BUTTER & JELLY**



**Chef Salad**

Romaine lettuce served w/ grape tomatoes, Turkey, Ham, Shredded Cheddar, ranch dressing & WG Goldfish crackers or equiv.

**Turkey & Cheese SANDWICH**



**GRAB & GO**  
ALWAYS FAST ~ ALWAYS FRESH

Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

\*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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 email:  
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This institution is an equal opportunity provider.

**What Makes A LUNCH**

**SELECT 3-5 ITEMS:**

	<b>GRAINS</b> <b>PROTEIN</b>	
<b>VEGGIE</b>	<b>FRUIT</b>	

**one must be a**  
**FRUIT** or **VEGGIE**