







# PITTSFIELD SCHOOLS ELEMENTARY MENU      DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 <b>Baked Chicken Drumstick</b> Barbecue Sauce School Baked Roll Roasted Butternut squash	4 <b>Chicken Scampi w/ Rotini</b> Warm Bread Stick Seasoned Green Beans	5 <b>Chili Con Carne w/ Beans</b> served with Tostitos Rounds School Made Cornbread Bright Broccoli Florets	6 <b>Italian Dunkers</b> served with <b>Marinara Sauce</b> Mediterranean Salad Roasted Chickpeas or <b>Chef Salad Plate</b>	7 <b>Half Day</b> <b>Turkey &amp; Cheese Sub</b> Baby Carrots Snack Pack Fresh Apple <div style="border: 1px solid black; padding: 5px; display: inline-block;">Conte, Crosby, Morningside</div>	Cals 576 Sodium 947 mg Carb 78.9 g T. Fat 16.2 g S. Fat 5.2 g
10 <b>Tangerine Asian Chicken</b> School Baked Roll Brown Rice Pilaf Mixed Vegetables Medley	11 <b>Baked Macaroni &amp; Cheese</b> Garlic Texas Toast Seasoned Green Beans 	12 <b>Chicken Vegetable Soup</b> <b>Italian Cold Cut Sub</b> Lettuce and Tomato Rockin Pasta Salad	13 <b>French Toast Sticks w/ Syrup</b> Chicken Breakfast Sausage Roasted "Home Fries" Potatoes <i>Baby Carrots w/ Ranch Dip</i> or <b>Grilled Chicken Salad Plate</b>	14 <b>Birthday Friday</b> <u>Allendale, Capeless, Conte, Crosby</u> <b>Papa Gino's Cheese or Pepp Pizza</b> Harvest Salad & Spice Cake  <u>Egremont, MCS, Stearns, Williams</u> <b>Sal's Cheese Pizza</b> , Harvest Salad & Spice Cake 	Cals 647 Sodium 1077 mg Carb 94.0 g T. Fat 18.3 g S. Fat 6.4 g
17 <b>Chicken Patty or Spicy Chicken Patty on Roll</b> <i>Roasted Carrot Fries</i>	18 <b>Penne &amp; Meat Sauce</b> School Baked Roll Seasoned Broccoli Florets	19 <b>Cheesy-Burger Meatloaf on Roll</b> Lettuce, Tomatoes & Pickles Boston Baked Beans Fresh Vegetable Sticks	20 <b>Roast Turkey &amp; Gravy</b> School Baked Roll Mashed Potatoes Corn Niblets or <b>Crispy Salad Plate w/Roll</b>	21 <u>Egremont, MCS, Stearns, Williams</u> <b>Papa Gino's Cheese or Pepperoni Pizza</b> , Tossed Green Salad and Kiwi Strawberry Frozen Juice Cup  <u>Allendale, Capeless, Conte, Crosby</u> <b>Sal's Cheese Pizza</b> , Tossed Green Salad, Kiwi Strawberry Frozen Juice Cup	Cals 604 Sodium 993 mg Carb 88.8 g T. Fat 16.7 g S. Fat 5.4 g
24 	25 	26 <b>HAPPY HOLIDAYS!</b>	27 	28 	

All Meals Include Choices of Fresh and Chilled Fruit, *Baby Carrots Snack Pack*, Vegetable of the Day and Milk

Including Locally Grown Produce When Available; Featured this Month - Carrots

Available Daily: Peanut Butter & Jelly Sandwich served with choice of 4oz Yogurt Cup or Cheese Stick or

Bowl Pak Cereal served with 4 oz Yogurt, Cheese Stick and Crackers

Wednesday: Turkey Hot Dogs; Thursday: Salad Entrée.

All Pittsfield Schools Serve Breakfast Daily.

Our Breads, Tortillas, Pasta, Pizza & Rice are Whole Grain. All Meals Meet USDA Standards for Nutrition and Portion Size

School Nutrition Services is Looking to Hire Substitute Cafeteria Helpers. Flexible Hours, Will Train. Call 448-9608 for More Information

Menu Subject to Change

