

# DECEMBER 2018

Mt Everett Regional

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternative Lunches
3 Chicken Parmesan with Creamy Polenta	4 Baked Macaroni and Cheese	5 Spicy Chicken Patty Sandwich with French Fries	6 Deli Sandwich Station Roast Beef, Turkey, Ham, Hummus	7 Pizza Chicken Bacon Ranch or Cheese	Fresh Baked Pizza Chef Salad Ham or Turkey Sandwich Yogurt Parfait with Granola Peanut Butter and Jelly Sandwich
10 Grilled Cheese with Tomato Soup	11 Hamburger or Cheeseburger with French Fries	12 Soft Shell Tacos	13 General Tso's Chicken with Stir Fry Rice	14 Open Face Turkey Sandwich	<b>Whats Included in Your Lunch?</b> A Choice of Flavored & Non-Flavored Skim Milk 1% Unflavored Milk 4oz Fruit Juice , Fresh Fruit, and Vegetable
17 BBQ Chicken with Corn Bread	18 Hot Dog with Baked Beans	19 Taco Salad	20 Shepherds' Pie	21 Half Day Grab and Go Available	<b>Daily Variety of Fruits and Vegetables</b> ~Apple, Orange, Banana, Special Fruit ~Mesclun, Broccoli, Cauliflower, Tomato, Cucumber, Carrot, Celery
24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	<b>Lunch Prices</b> Paid-\$3.10 Reduced -\$0.40 Milk-\$0.50
31 Winter Break					<b>Make Sure to Complete Your Free and Reduced Application for School Year 2018-2019</b>

