



**CELEBRATE SMART
EAT YOUR
HOLIDAY TREATS
IN SMALL PORTIONS**

FOR MORE WELL-BEING TIPS VISIT
www.liftoffplayground.com

**Tonawanda CSD K-5
Lunch Menu**



December 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Lunch Price - \$1.75
Milk Price - \$.50**

**Meal Components:
Protein, Grain, Fruit,
Vegetable, Milk
All grains are
whole grain rich.**



**Weekly Salad Special
Spinach Salad**

1

**Taco Twins
w/ Toppings**

Lima Beans or
Steamed Cauliflower
Fresh Fruit or Peaches

Pepperoni Pizza

Zucchini or
Carrot Coins
Fresh Fruit or
Assorted Mixed Fruit

**Weekly Salad Special
Peppi Pizza Salad**

5

**Chicken Nuggets
w/ Dinner Roll**

Sweet Green Peas
Or Zucchini
Fresh Fruit or Peaches

**BBQ Riblet
On a Bun**

Sweet Potatoes
or Corn Niblets
Fresh Fruit or
Mandarin Oranges

**Grilled Cheese
Sandwich**

Tomato Soup and
Carrots
Fresh Fruit or
Applesauce

**Crazy Tater Nachos
with Beef & Cheese**

Green Beans or Zesty
Garbanzo Beans
Fresh Fruit or Pears

Cheese Pizza

Romaine Salad or
Brussel Sprouts
Fresh Fruit or
Assorted Mixed Fruit

**Weekly Salad Special
Chicken Nugget Salad**

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

**Bacon
Cheeseburger**

Baked Beans or Mixed
Vegetables
Fresh Fruit or
Peaches

**Pasta & Meatsauce
w/ Garlic Toast**

Tossed Salad or Carrots
Fresh Fruit or
Strawberry Cups

**Holiday Brunch
French Toast Sticks
Syrup w/ Sausage**

Baked Oven Fries
or Celery Sticks
Cinnamon Apple Slices
or Chilled Juice

**Taco in a Bag
With Rice**

Steamed Broccoli
or Corn Niblets
Fresh Fruit or Pears

Pepperoni Pizza

Green Beans or
Fresh Cucumbers Slices
Fresh Fruit or
Assorted Mixed Fruit

**Weekly Salad Special
Chef Salad**

**Corn Dog
w/ Honey Mustard Dip**

Carrot Coins or
Broccoli
Fresh Fruit or
Peaches

**Chicken Patty
On a Bun**

Romaine Salad or
Brussel Sprouts
Fresh Fruit or
Pineapple

**Pancakes & Syrup
with Sausage**

Crispy Tator Tots
or Cucumber Slices
Fresh Fruit or
Applesauce

**Taco Twins
With Toppings**

Steamed Cauliflower
or Vegetarian Beans
Fresh Fruit or
Diced Pears

Cheese Pizza

Green Peas or
Mixed Vegetables
Fresh Fruit or
Assorted Mixed Fruit



**Recess
No School**

Cold Entrée Offerings:

- Mon - Ham & Cheese Sandwich**
- Tues - Turkey & Cheese Sandwich**
- Wed - Yogurt Lunch**
- Thurs - Super Hero Sub**
- Fri - Tuna Sandwich**



Choice of Milk Available with Lunch:

Low-Fat White, Fat Free White, Fat Free Chocolate

Available Daily

Peanut Butter & Jelly Sandwich/Cheese Sandwich

Baby Carrots (1/4 c)

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