

Free/Reduced meal applications are available throughout the year.

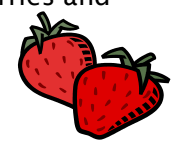
**CLARKSTON SCHOOL DISTRICT
Food Service Department**

This institution is an equal opportunity provider and employer
Menu may change as needed

WEEKLY MENU

2 WEEK CYCLE BREAKFAST MENU

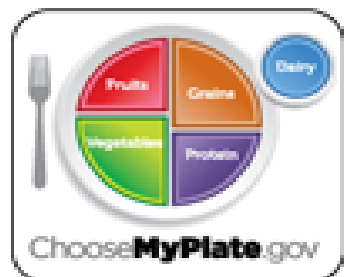
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks or Cereal Scrambled Eggs w/Cheese Fruit and Juice Syrup Milk Choices (12-11)	Pancakes or Cereal Sun Butter Fruit and Juice Syrup Milk Choices	English Muffin Sausage Patty Fruit and Juice Milk Choices	Cereal Bar Cheese Stick Fruit and Juice Milk Choices	Cinnamon Roll Yogurt Fruit and Juice Milk Choices
Waffle or Cereal Cheese Stick Fruit and Juice Syrup Milk Choices(12-4, 12-18)	Bagel Egg Omelet Fruit and Juice Milk Choices	Biscuit w/ Sausage Gravy or Jelly Fruit and Juice Milk Choices	Muffin or Cereal Egg Patty Fruit and Juice Milk Choices	Fruit and Yogurt Parfait (Strawberries, Blueberries and Vanilla Yogurt) Cereal & Juice Milk Choices



DECEMBER, 2017- LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please take some time to evaluate our wellness policy and procedures, and our meal charging procedures and provide feedback. The wellness policy/procedure web address is: http://www.csd12.org/departments/food_services/wellness_policy Feedback can be provided at this web address: http://www.csd12.org/departments/food_services Thank you, we appreciate your time!				Deli Sandwich Pickle Spears Seasoned Corn Fruit Sun Chips Milk Choices
Teriyaki Chicken Brown Rice Seasoned Corn Tossed Green Salad Apple Slices Milk Choices	Chicken Burger Lettuce/Tomato Baked Fries Fruit Milk Choices	Cheesy Garlic Toast Tomato Soup Green Beans Banana Milk Choices	Italian Meatball Sub Mozzarella Cheese Steamed Broccoli Chilled Pears Milk Choices	Homemade Bean Chili Shredded Cheese Tossed Green Salad Applesauce Cinnamon Roll Milk Choices
Pizza Veggie Tray Pineapple Tidbits Brownie Milk Choices	Hot Dog on a Bun Baked Beans Broccoli Florets w/Dip Apricots Milk Choices	Spaghetti w/Meat Sauce Green Beans Chilled Peaches Fresh Baked Breadstick Milk Choices	Teriyaki Beef Dippers Baked Potato Seasoned Carrots Fruit Cup Fresh Baked Roll Milk Choices	BBQ Rib Patty Sandwich Tossed Green Salad Parmesan Roasted Cauliflower Spiced Apples Milk Choices
Chicken and Noodles Veggie Tray Sliced Apples Honey Corn Biscuit Milk Choices	Cheeseburger Baked Beans Tossed Salad Mixed Fruit Salad Milk Choices	Sloppy Joe Steamed Broccoli Chilled Peaches Fruit Smoothie Milk Choices	Start Winter Break!!	Winter Break

For a great article on processed foods "What's okay and What to Avoid", here is the link:
<http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/avoiding-processed-foods>



HAVE A FANTASTIC WINTER BREAK!!
NO SCHOOL - DECEMBER 21- JANUARY 2, WINTER BREAK
 *Schools with salad bars will have the same entrée, but may have different fruit and vegetable options
 **All grain products are whole grain rich.

LMS - Deli Sandwich available daily.



Milk Choices May Include:
 1% White, Non-Fat Chocolate,
 and Non-Fat Strawberry

CELEBRATE BREAKFAST!!! EAT BREAKFAST AT SCHOOL FOR A VARIETY OF CHOICES.