



LUNCH

DECEMBER 2018

Triad Math and Science Academy

Monday

Mac & Cheese W/ WG Roll

Seasoned Carrots

Green Beans

Pineapple Tidbits

3

Tuesday

Chicken Leg W/Rice, WG Roll

Broccoli & Cheese

Sweet Potato

Pineapple Tidbits

4

Wednesday

Baked Ziti W/WG Roll

Mixed Green Salad

Seasoned Carrots

Fresh Banana

5

Thursday

Beef soft Taco(2)

Pinto Beans

Mixed Veggies

Mandarin Oranges

6

Friday

Cheese Pizza

Mixed Green Salad

Seasoned Corn

Orange Wedges

7

Monday

Hamburger/Cheeseburger on WG Bun

Mashed Potatoes

Green Beans

Applesauce

10

Tuesday

Chicken Leg W/Rice, WG Roll

Broccoli & Cheese

Sweet Potato

Pineapple Tidbits

11

Wednesday

Baked Ziti W/WG Roll

Mixed Green Salad

Seasoned Carrots

Fresh Banana

12

Thursday

Chicken Fajitas

Black Beans

Mixed Veggies

Mandarin Oranges

13

Friday

Cheese Pizza

Green Peas

Seasoned Corn

Orange Wedges

14

Monday

Beef soft Taco(2)

Pinto Beans

Mixed Veggies

Mandarin Oranges

17

Tuesday

Mac & Cheese W/ WG Roll

Seasoned Carrots

Green Beans

Pineapple Tidbits

18

Wednesday

Hot Dog on WG Bun W/

Oven Roasted Potatoes

Green Peas

Can Fruit

19

Thursday

Beef soft Taco(2)

Pinto Beans

Mixed Veggies

Mandarin Oranges

20

Friday

Cheese Pizza

Green Peas

Seasoned Corn

Orange Wedges

21

Monday

H

24

Tuesday

Mac & Cheese W/ WG Roll

Seasoned Carrots

Green Beans

Pineapple Tidbits

25

Wednesday

Hot Dog on WG Bun W/

Oven Roasted Potatoes

Green Peas

Can Fruit

26

Thursday

Beef soft Taco(2)

Pinto Beans

Mixed Veggies

Mandarin Oranges

27

Friday

Cheese Pizza

Green Peas

Seasoned Corn

Orange Wedges

28

Monday

H

31



BREAKFAST

DECEMBER 2018

Triad Math and Science Academy

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>WG Cereal w/ Graham Crackers 100% Juice, 4 oz ½ Cup Fruit Choice of Milk</p>	<p>4</p> <p>WG Strawberry POP – Tarts 100% Juice, 4oz ½ Cup Fruit Choice of Milk</p>	<p>5</p> <p>French Toast Sticks w/ Syrup WG Graham Crackers 100% Juice, 4 oz ½ Cup Fruit</p>	<p>6</p> <p>Nutri-Grain Bar 100% juice, 4oz ½ Cup Fruit Choice of Milk</p>	<p>7</p> <p>WG Cereal w/ 4 oz Yogurt 100% Juice, 4 oz ½ Cup Fruit Choice of milk</p>
<p>10</p> <p>WG Cereal w/ 4 oz Yogurt 100% Juice, 4 oz ½ Cup Fruit Choice of milk</p>	<p>11</p> <p>WG Strawberry POP – Tarts 100% Juice, 4oz ½ Cup Fruit Choice of Milk</p>	<p>12</p> <p>French Toast Sticks w/ Syrup WG Graham Crackers 100% Juice, 4 oz ½ Cup Fruit</p>	<p>13</p> <p>Nutri-Grain Bar 100% juice, 4oz ½ Cup Fruit Choice of Milk</p>	<p>14</p> <p>WG Cereal w/ 4 oz Yogurt 100% Juice, 4 oz ½ Cup Fruit Choice of milk</p>
<p>17</p> <p>WG Cereal w/ Graham Crackers 100% Juice, 4 oz ½ Cup Fruit Choice of Milk</p>	<p>18</p> <p>WG Strawberry POP – Tarts 100% Juice, 4oz ½ Cup Fruit Choice of Milk</p>	<p>19</p> <p>French Toast Sticks w/ Syrup WG Graham Crackers 100% Juice, 4 oz ½ Cup Fruit</p>	<p>20</p> <p>H</p>	<p>21</p> <p>H</p>
<p>24</p> <p>H</p>	<p>25</p> <p>H</p>	<p>26</p> <p>H</p>	<p>27</p> <p>H</p>	<p>28</p> <p>H</p>
<p>31</p> <p>H</p>				

