

Learning Prep School

December 2017

Lunch Menu

Prices: Student Lunch: \$3.25, Staff Lunch: \$3.50, Student Breakfast: \$1.25, Staff Breakfast: \$1.50, milk: \$1.00.

All meals served with 1%, white skim, or chocolate skim milk. Menu subject to change.

Alternate Lunch Choices each Day: Toasted Cheese Sandwich with sides or Hummus Wrap/Gluten free Hummus Plate

**Gluten Free/Gluten Free available

Breakfast Choices each Day: Cheerios GF, Rice Krispies GF or Toasted Bagel with Cream Cheese or Hummus, Fruit, Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
4 Roasted Turkey Mashed Sweet Potatoes Cinnamon Apples	5 Burrito Bowl Chicken on brown rice with a corn black bean salsa and cheese Fruit	6 Pasta with Meat or Marinara Sauce Vegetable Fruit	7 Ham and Cheese Sandwich Vegetable Fruit	8 Buffalo Chicken Caesar Wrap Vegetable Fruit
11 Sausage, Peppers and Onions on a Whole Wheat Roll Vegetable Fruit	12 Turkey Sandwich Vegetable Fruit	13 Macaroni and Cheese Vegetable Fruit	14 Bacon, Egg and Cheese on a Whole Wheat English Muffin Hash Browned Potatoes Fruit	15 Meat/Cheese/Veg Calzones made on Whole Wheat Crust Marinara Fruit Vegetable
18 Turkey Sloppy Joes on a whole wheat bun Potato Wedges Vegetable Fruit	19 Ground Beef Tacos On a soft shell with cheese and salsa Corn and Bean Salad Pineapple	20 Pasta Day! Chicken, whole wheat pasta and broccoli in a light vegetable sauce Fruit	21 All Beef Hot Dogs On a Whole Wheat roll Vegetable Fruit	22 No School December Recess
25 No School December Recess	26 No School December Recess	27 No School December Recess	28 No School December Recess	29 

This institute is an equal opportunity provider. Please inform your server if you have any food allergies.