

## 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  <b>No School December Recess</b>
25  <b>No School December Recess</b>	26  <b>No School December Recess</b>	27  <b>No School December Recess</b>	28  <b>No School December Recess</b>	29  

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