

Menu

American Heritage Lunch Menu December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Hamburger on Bun Tossed Salad w/ Light Dressing Chilled Pears Milk	2 Corn Dog Baked Potato Wedges Tossed Salad Fresh Fruit Milk	3 Baked Chicken Nuggets Tater Tots Chilled Fruit Milk	4 All Beef Hot Dog Baked Beans Coleslaw Fresh Fruit
7  Toasted Cheese Sandwich on Whole Wheat Graham Crackers Pears Fresh Broccoli 1% Low-Fat Milk	8 Fish Sticks Tater Tots Broccoli Tossed Salad	9 Hot Ham and Cheese Subs Green Beans Coleslaw Fruit	10 Country Steak Nuggets Green Beans Potato Wedges Fresh Local Fruit	11  Hamburger on Bun Corn Tossed Salad w/ Light Dressing Pear 1% Low-Fat Milk
14 Country Steak Nuggets Green Beans Potato Wedges Fresh Local Fruit	15  Chicken Patty on Wheat Bun Seasoned Mixed Vegetables Chilled Pears 1% Low-Fat Milk	16  Pizza Cheese/Pepperoni Tossed Salad Fresh Local Whole Fruit 1% Low-Fat Milk	17 Baked Chicken Nuggets Tater Tots Chilled Fruit Milk	18 Corn Dog Baked Potato Wedges Tossed Salad Fresh Fruit Milk
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	Jan 1 NO SCHOOL

Choice of Milk Offered Daily

An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.



Menu

Sandwich Central

Available Daily

Ham Sandwich
Bologna Sandwich
Peanut Butter Sandwich
Peanut Butter & Jelly Sandwich
Turkey Sandwich
Cheese Sandwich

Best if fresh but frozen is good too

Raw broccoli with a low fat dip makes a great snack

One of the most popular home garden vegetables because it's easy to grow

Cook by steaming, microwaving or in a stir fry

Contains lots of nutrients including vitamins C and K, potassium and folate

One half cup counts as a vegetable serving and is just 15 calories

Look for a dark green bunch with florets that are not flowering

Is known as the "crown jewel" of nutrition because it is so rich in nutrients

