

# DECEMBER 2018

## GOLDING MIDDLE SCHOOL 6-8

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES MENU SUBJECT TO CHANGE WG CEREAL/100% FRUIT JUICE/ASSORTED FF/1% MILK AVAILABLE EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26 <span style="float: right;">Day 4</span></p> <p>WG Bagel/Cream Cheese</p> <p>WG Chicken Strips WG Bread Slice</p> <p>WG Cheese Pizza</p> <p>Yogurt Parfait/Granola</p> <p>PBJ Sandwich</p> <p>Fruit Choices ½ cup Fresh or Mixed Berry Cups</p> <p>Vegetable Choices ¾ cup Sweet Carrot Coins Mashed Potatoes</p>	<p>27 <span style="float: right;">Day 5</span></p> <p>WG Breakfast Bun</p> <p>Mini Pancakes Sausage Patty</p> <p>WG Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit choices ½ cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ cup Green Beans Babycakes</p>	<p>28 <span style="float: right;">Day 6</span></p> <p>WG Muffin</p> <p>Manwich Sloppy Joes</p> <p>WG Cheese Pizza 2oz</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Oven Fries Golden Corn</p>	<p>29 <span style="float: right;">Day 1</span></p> <p>Pancake Stick. Syrup</p> <p>Oven Roasted Hot Dogs/Sauerkraut</p> <p>WG Cheese Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Applesauce</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Butternut Squash Mac and Cheese</p>	<p>30 <span style="float: right;">Day 2</span></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted RF Cheese Pizza 2oz</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Broccoli Cuts Veggie Pasta</p>
<p>3 <span style="float: right;">Day 3</span></p> <p>WG Bagel Cream Cheese</p> <p>WG Popcorn Chicken WG Roll</p> <p>WG Cheese Pizza</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>4 <span style="float: right;">Day 4</span></p> <p>WG Breakfast Bun</p> <p>Hamburger/Cheese Burgers Pickle Chips</p> <p>WG Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Lettuce/Tomato Cups Oven Fries</p>	<p>5 <span style="float: right;">Day 5</span></p> <p>WG Muffin</p> <p>WG Mozzarella Sticks Garlic Roll/Baked Pasta</p> <p>WG Cheese Pizza</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Broccoli Cuts Green Beans</p>	<p>6 <span style="float: right;">Day 6</span></p> <p>Pancake Sticks</p> <p>Quesadilla/Seasoned Rice WG RF Cheese Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Cowboy Salsa Spinach</p>	<p>7 <span style="float: right;">Day 1</span></p> <p>WG French Toast Sticks 1oz Syrup</p> <p>WG Fresh or Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/ Granola</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Golden Corn/Veggie Pasta</p>
<p>10 <span style="float: right;">Day 2</span></p> <p>WG Warm Donuts</p> <p>WG Chicken Burger Plain/Spicy</p> <p>WG Cheese Pizza</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>11 <span style="float: right;">Day 3</span></p> <p>WG Breakfast Bun</p> <p>WG Toasted Cheese Sandwich Seasoned Noodles</p> <p>WG Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Fresh Tomato Soup Green Beans</p>	<p>12 <span style="float: right;">Day 4</span></p> <p>WG Muffin</p> <p>Turkey Sub/BAG DAY WG Chips</p> <p>WG Cheese Pizza</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Strawberry Cups</p> <p>Vegetable Choices ¾ Cup Broccoli Cuts Lettuce &amp; Tomato Cups</p>	<p>13 <span style="float: right;">Day 5</span></p> <p>WG Pancake Sticks</p> <p>Chicken and Biscuits Cranberry Sauce</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Pineapple Chunks</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Mixed Vegetables</p>	<p>14 <span style="float: right;">Day 6</span></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens/Golden Corn Veggie Pasta Salad</p>
<p>17 <span style="float: right;">Day 1</span></p> <p>WG Bagel Cream Cheese</p> <p>WG Chicken Strips WG Roll</p> <p>WG Cheese Pizza</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Berry Cups</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>18 <span style="float: right;">Day 2</span></p> <p>WG Breakfast Bun</p> <p>Mini Pancakes/French Toast Sticks/Sausage Patty</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Spiced Applesauce</p> <p>Vegetable Choices ¾ Cup Green Beans Babycakes</p>	<p>19 <span style="float: right;">Day 3</span></p> <p>WG Muffins</p> <p>Taco/Nacho/Seasoned Meat Shredded Cheese/Cheese Sauce/WG Chips/Seasoned Brown Rice/ Salsa</p> <p>WG Cheese Pizza</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Black bean &amp; Tomato Salsa Lettuce &amp; Tomato Cups Golden Corn</p>	<p>20 <span style="float: right;">Day 4</span></p> <p>WG Pancake Sticks</p> <p>Oven Roasted Hotdogs WG Roll/Sauerkraut</p> <p>WG Cheese Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Spiced Pears</p> <p>Vegetable Choices ¾ cup Oven Baked Beans Squash Mac and Cheese</p>	<p>21 <span style="float: right;">Day 5</span></p> <p>WG French Toast Sticks</p> <p>WG Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh OR Pineapple Chunks</p> <p>Vegetable Choices ¾ Cup Mixed Greens Broccoli Cuts/Veggie Pasta</p>