



DECEMBER 2018

HIGH SCHOOL 9-12

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITES

Menu subject to change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26 <i>Day 4</i></p> <p>Popcorn Chicken WG Roll</p> <hr/> <p>WG RF Cheese Pizza</p> <hr/> <p>Peanut Butter & Jelly Sandwich WG Bread</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh OR Peaches</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Greens 1c=1/2c Seasoned Carrots/Mashed Potatoes</p>	<p>27 <i>Day 5</i></p> <p>Taco Tuesday Seasoned Meat/Cheese Shells/Chips Seasoned Rice</p> <hr/> <p>WG RF Cheese Pizza</p> <hr/> <p>WG Tuna Salad Wrap</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh OR Mixed Fruit</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Greens 1c=1/2c Black Bean Tomato Salsa Corn</p>	<p>28 <i>Day 6</i></p> <p>French Onion Steak Sandwich</p> <hr/> <p>WG RF Cheese Pizza 2oz</p> <hr/> <p>Bologna & Cheese WG Bread</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Cinnamon Applesauce</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Greens (1c=½) Oven Fries/Coleslaw</p>	<p>29 <i>Day 1</i></p> <p>WG ½ & 1/2 Toasted Cheese Sandwich/1/2 American ½ Mozzarella</p> <hr/> <p>WG Cheese RF Pizza 2oz</p> <hr/> <p>Turkey 1.5oz Cheese 5oz WW Bread 1.9 oz/RF Mayo 1pk</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Spiced Pears</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Greens/G/(1c=½ cup) Baked Sweet Potatoes Oven Baked Beans</p>	<p>30 <i>Day 2</i></p> <p>Homemade Souper Friday</p> <hr/> <p>WG Assorted Pizza</p> <hr/> <p>Ham 1.5oz Cheese .5oz WW Bread 2 Oz RF Mayo/Mustard 1pk</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Mixed Fruit</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Greens/G/(1 c=½ cup) Broccoli Cuts/ Veggie Pasta Salad</p>
<p>3 <i>Day 2</i></p> <p>WG Chicken Nuggets WG Roll</p> <hr/> <p>WG RF Cheese Pizza</p> <hr/> <p>Peanut Butter & Jelly Sandwich WW Bread 2 oz</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Peaches</p> <hr/> <p>Vegetable Choices ½ Cup Sweet Carrot Coins Mixed Greens/(1c=½cup) Mashed Potatoes</p>	<p>4 <i>Day 3</i></p> <p>Chicken Quesadilla Seasoned Rice</p> <hr/> <p>WG RF Cheese Pizza 2oz</p> <hr/> <p>Tuna Salad RF Mayo WW Wrap 2oz, Romaine/G</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Cinnamon Applesauce</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens(1c=½cup) Black Bean Tomato Salsa Golden Corn</p>	<p>5 <i>Day 4</i></p> <p>Cheese Burgers/WG Roll</p> <hr/> <p>Bologna Sandwich 1.5oz Cheese .5oz WW Bread 2oz RF Mayo 1pk</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Berry cup</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens/(1c=½cup) Oven Fries Oven Baked Beans</p>	<p>6 <i>Day 5</i></p> <p>Manwich Sandwich/WG Roll Shredded Cheddar Cheese</p> <hr/> <p>WG RF Pizza 2 oz.</p> <hr/> <p>Turkey & Cheese Sandwich WW Bread 2oz, RF Mayo</p> <hr/> <p>8oz FF Yogurt/2 oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh OR Spiced Pears</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Green (1c=½ cup) Tator Tots Coleslaw</p>	<p>7 <i>Day 6</i></p> <p>Homemade Souper Friday</p> <hr/> <p>WG Fresh And Assorted Pizza</p> <hr/> <p>Fish & Chips WG Roll</p> <hr/> <p>Ham & Cheese Sandwich</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices 1 Cup Fresh Or Mixed Fruit</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens/G/(1 c=½ cup) Broccoli Cuts Veggie Pasta Salad</p>
<p>10 <i>Day 1</i></p> <p>WG Chicken Strips WG Roll</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>8oz Yogurt/2oz Granola</p> <hr/> <p>PBJ Sandwich</p> <hr/> <p>Fruit Choices ½ cup Fresh or Cinnamon Applesauce</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens(1c+1/2c) Sweet Carrot Coins Mashed Potato</p>	<p>11 <i>Day 2</i></p> <p>Chicken Fajita Wrap Seasoned Rice</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>Tuna Salad Sandwich</p> <hr/> <p>Fruit Choices ½ cup Fresh or Mixed Fruit Cup</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens(1c=1/2cup) Black Bean Tomato Salsa Golden Corn</p>	<p>12 <i>Day 3</i></p> <p>Mozzarella Sticks/Breadstick Baked Pasta</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>Bologna & Cheese Sandwich</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices ½ cup Fresh or Warm Spiced Pears</p> <hr/> <p>Vegetable Choices ½ Cup Mixed Greens)1c=1(c) Green Beans</p>	<p>13 <i>Day 4</i></p> <p>French Toast Sticks Sausage</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>Turkey Sandwich</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices ½ cup Fresh or Peaches</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens Baby Cakes Sweet Potato</p>	<p>14 <i>Day 5</i></p> <p>Homemade Souper Friday</p> <hr/> <p>WG Assorted Pizza</p> <hr/> <p>Fis&Chips WG Roll</p> <hr/> <p>Ham&Cheese Sandwich</p> <hr/> <p>8oz FF Yogurt/2oz Granola</p> <hr/> <p>Fruit Choices ½ cup Fresh or Berry Cups</p> <hr/> <p>Vegetable Choices ½ cup Mixed Greens(1c=1/2c) Broccoli Cuts/Veggie Pasta</p>
<p>17 <i>Day 6</i></p> <p>Chicken Burger Plain & Spicy</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>PBJ Sandwich</p> <hr/> <p>8 oz ff Y/2oz Yogurt/Granola</p> <hr/> <p>Fruit Choices Fresh or Peach Cups</p> <hr/> <p>Vegetable Choices/Mixed Greens(1cup=1/2cup) Mashed Potato/Carrot Coins</p>	<p>18 <i>Day 1</i></p> <p>WG Quesadilla Seasoned Rice</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>Tuna Sandwich</p> <hr/> <p>8 oz FF Yogurt/Granola</p> <hr/> <p>Fruit Choices/Fresh or Pears</p> <hr/> <p>Vegetable Choices/Mixed Greens(1c=1/2c)Black Beans Tomato/Golden Corn</p>	<p>19 <i>Day 2</i></p> <p>BBQ Pork Rib Sandwich</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>Bologna & Cheese Sandwich</p> <hr/> <p>8 oz FF Yogurt/Granola</p> <hr/> <p>Fruit Choices/Fresh or Cinnamon Applesauce</p> <hr/> <p>Vegetable Choices/Mixed Greens(1c=1/2 c)Oven Baked Beans/Tator Tots/Coleslaw</p>	<p>20 <i>Day 3</i></p> <p>Chicken and Biscuit Gravy Cranberry Sauce</p> <hr/> <p>WG Cheese Pizza</p> <hr/> <p>Turkey & Cheese Sandwich</p> <hr/> <p>8oz FF Yogurt/Granola</p> <hr/> <p>Fruit Choices/Fresh or Pineapple Chunks</p> <hr/> <p>Vegetable Choices/Mixed Greens/Broccoli Cuts Mashed Potatoes/ Candied Yams</p>	<p>21 <i>Day 4</i></p> <p>Homemade Souper Friday</p> <hr/> <p>WG Assorted Pizza</p> <hr/> <p>Fish & Chips WG Roll</p> <hr/> <p>Ham & Cheese Sandwich</p> <hr/> <p>8oz FF Yogurt/Granola</p> <hr/> <p>Fruit Choices Fresh or Mixed Fruit</p> <hr/> <p>Vegetable Choices/Veggie Pasta Steamed Spinach</p>
