

Adeline Montessori School



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Dutch Waffle & Bacon Strips* or Mini Corn Dogs Crispy Tator Tots Fresh Garden Salad Hot Cinnamon Apples Assorted Milk	2 Walking Taco or Chicken Patty on a Bun Mixed Vegetables Fresh Garden Salad Chilled Mixed Fruit Assorted Milk	3 Baked Chicken Drumstick w/ Dinner Roll or Stuffed Crust Cheese Pizza Mashed Potatoes & Gravy Fresh Garden Salad Chilled Applesauce Ice Cream Cup Assorted Milk	4 Spaghetti w/ Meat sauce** w/ Garlic Bread or Crispy Corn Dog Glazed Carrot Coins Fresh Garden Salad Chilled Diced Pears Assorted Milk	5 Mandarin Orange Chicken Steamed Brown Rice or Personal Pan Pizza Oriental Vegetable Blend Fresh Garden Salad Pineapple Tidbits Fresh Baked Cookie Assorted Milk	Cal 557 T.Fat 16.30 G S.Fat 4.7 G Chol 42.0 Mg Sodm 940.85 Mg Carb 79.91 G Fiber 5.7 G Prtn 24.13 G Iron 2.75 Mg
8 Waffle Sticks & Sausage or Hot Dog on a Bun* Oven Baked Hashbrowns Fresh Garden Salad Sliced Strawberries Assorted Milk	9 Hard /Soft Shell Tacos** or Bosco Sticks w/ Sauce Whole Kernel Corn Fresh Garden Salad Chilled Mixed Fruit Assorted Milk	10 Boneless Homestyle Chicken Wings w/ Roll or French Bread Cheese Pizza Mashed Potatoes & Gravy Fresh Garden Salad Chilled Applesauce Ice Cream Cup Assorted Milk	11 Creamy Macaroni & Cheese* or Crispy Chicken Nuggets Sweet Garden Peas Fresh Garden Salad Chilled Diced Pears Assorted Milk	12 Personal Pan Pizza or Chicken Patty on a Bun Baked Curly Fries Fresh Garden Salad Chilled Diced Peaches Fresh Baked Cookie Assorted Milk	Cal 608 T.Fat 16.86 G S.Fat 5.2 G Chol 45.6 Mg Sodm 1005.68 Mg Carb 87.97 G Fiber 6.1 G Prtn 27.79 G Iron 2.67 Mg
15 Pancakes & Sausages* or Chicken Tenders w/ Dip Golden Potato Triangles Fresh Garden Salad Hot Cinnamon Apples Assorted Milk	16 Nachos w/ Cheese & Taco Meat** or Pizza Crunchers w/ Sauce Seasoned Potato Wedges Fresh Garden Salad Chilled Mixed Fruit Assorted Milk	17 Salisbury Steak & Gravy w/ Dinner Roll or Stuffed Crust Pepperoni Pizza Mashed Potatoes & Gravy Fresh Garden Salad Chilled Applesauce Ice Cream Cup Assorted Milk	18 Spaghetti w/ Meatballs** w/ Garlic Bread or Popcorn Chicken Garden Fresh Green Beans Fresh Garden Salad Chilled Diced Pears Assorted Milk	19 Sweet & Sour Chicken Steamed Brown Rice or Pigs in a Blanket Steamed Broccoli Fresh Garden Salad Mandarin Oranges Fresh Baked Cookie Assorted Milk	Cal 611 T.Fat 17.73 G S.Fat 5.5 G Chol 45.1 Mg Sodm 1025.91 Mg Carb 89.91 G Fiber 7.2 G Prtn 25.49 G Iron 2.95 Mg
22 	23	24	25	26	Cal 587 T.Fat 17.84 G S.Fat 6.6 G Chol 51.3 Mg Sodm 970.57 Mg Carb 80.66 G Fiber 5.1 G Prtn 26.47 G Iron 4.47 Mg
29	30 	31			

Christmas Break

Free and Reduced Meal Applications Can be Filled Out or Obtained all Year Online or Can be Picked Up From all School Offices. Or Contact the Food Service Dept. at 968-8300 x5319



Menu Subject to Change Without Notice

* May Contain Pork

^ Indicates Made from Scratch Entree



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