

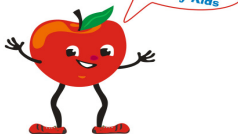















Kiel School

December Menu 2011

Waschio's Food Services, Inc.

Healthy Meals Grow Healthy

Monday	Tuesday	Wednesday	Thursday	Friday
FRUIT AND VEGGIE OF THE MONTH Blueberries Sweet Potato 		Mac <i>Waschio</i> says... Healthy Meals Grow Healthy Kids 	1 Eat a Red Apple Day Hot Dog on a Bun Sweet Potato Fries Fresh Apple Milk Choice 	2 Pizza Special Green Salad Chilled Fruit Cup Milk Choice 
5 Twin Tacos Meat, Cheese and Salsa Lettuce and Tomato Peach Cup Milk Choice	8 Mozzarella Sticks and Dip/ Dinner Roll Garden Salad Chilled Applesauce Milk Choice	7 Whole Grains Day Chicken Nuggets Whole Wheat Roll Sweet Potato Fries Fresh Apple Milk Choice 	8 Baked Macaroni and Cheese / Dinner Roll Green Beans Fruit of the Day Milk Choice 	9 Cheese Pizza Garden Salad Chilled Fruit Cup Milk Choice 
12 Nacho Platter Meat, Cheese & Chips Vegetable of the Day Chilled Fruit Cup Milk Choice 	13 Sweet & Sour Chicken Steamed Rice Stir Fry Veggies Fruit Cup Milk Choice	14 Grilled Chicken Patty on a Bun Tater Tots Chilled Applesauce Milk Choice	15 Holiday Dinner Roast Turkey / Gravy Stuffing/ Green Beans Mashed Potatoes Fruit Dessert Milk Choice 	16 Pizza of the Day Baby Carrots and Dip Fresh Fruit Milk Choice
19 Breakfast for Lunch Eggo Mini Blueberry Pancakes / Syrup Cup Turkey Ham Hash Brown Applesauce Milk Choice NEW ITEM!	20 Pasta with Meatballs Dinner Roll Garden Salad Fresh Fruit Milk Choice	21 Chicken Tenders Whole Wheat Roll Green Beans Chilled Peaches Milk Choice	22 AJ's Pizza Baby Carrots and Dip Fruit of the Day Milk Choice 	23 EARLY DISMISSAL NO LUNCH SERVED
26 	27 	28 	29 	30 

Student Lunch \$ 2.60
 Adult Lunch \$ 3.10

SIDEKICKS

Entrée \$2.35
 Cold Sandwich \$2.35
 Adult Milk \$0.65
 Milk \$0.55
 Fresh Fruit \$0.75
 Baked Chips \$0.75
 Home Baked Cookie \$0.35
 Ice Cream \$0.85/\$1.00
 Hot Pretzel \$0.35/\$.75
 Spring Water \$.50/1.00
 100% Juice Cup \$0.50
 Soup & Crackers \$1.25
 Veggie Dippers \$1.75

\$2.60/\$3.10
 Alternate Daily Choice
 Peanut Butter & Jelly
 Sandwich or Cereal / Yogurt Bag
 Includes:
 Cereal/Yogurt, Protein,
 Vegetable Stick, Fruit,
 Milk Choice

Alternate Lunches

\$2.60

Lunch Entrée

Monday: Chicken Caesar Salad
 Tuesday: Turkey and Cheese Wrap
 Wed.: Cheeseburger/ bun
 Thursday: Chicken Nuggets
 Friday: Muffin Bag

Choice of flavored or unflavored low fat milk, with all meals. Pre-payment of meals and snacks are available through the Cafeteria.
 10 lunches \$26.00
 20 lunches \$52.00



Make checks payable to:
 Kinnelon Board of Education

CUCINA ITALIA

\$2.60/\$3.10

Pizza

Served Weekly WITH SIDE SALAD



Bread Basket Available Daily

