

# December

2018

# Commodore Elementary

this institution is an equal opportunity provider

|   |  |   |   |   |
|---|--|---|---|---|
| <p><b>Monday, Dec 3rd</b><br/><b>Early Release Day</b></p> <p>1) Chicken Burger<br/>or<br/>2) Vegan Burger</p> <p>Fresh Pear, Roasted Potatoes</p> <p>Yogurt or Hummus Lunch</p>          | <p><b>Tuesday, Dec 4th</b></p> <p>1) Chicken Burrito<br/>w/Beans &amp; Cheese<br/>2) Bean<br/>&amp; Cheese Burrito</p> <p>Peaches, Black Bean and<br/>Corn Salsa</p> <p>Yogurt or Hummus Lunch</p> | <p><b>Wednesday, Dec 5th</b></p> <p>1) Hamburger/<br/>Cheeseburger<br/>or<br/>2) Black Bean Burger</p> <p>Roasted Veggies<br/>Orange Wedges</p> <p>Yogurt or Hummus Lunch</p> | <p><b>Thursday, Dec 6th</b></p> <p>1) Hot Dog<br/>3 Sister's Natural Beef<br/>or<br/>2) Grilled Cheese</p> <p>Baked Beans, Kale Salad</p> <p>Yogurt or Hummus Lunch</p> | <p><b>Friday, Dec 7th</b></p> <p>1) Pepperoni Pizza<br/>or<br/>2) Cheese Pizza<br/>Banana<br/>Caesar Salad on Salad Bar</p> <p>Yogurt or Hummus Lunch</p> |
| <p><b>Monday, Dec 10th</b><br/><b>Early Release Day</b></p> <p>1) Corn Dog or<br/>2) Black Bean Burger</p> <p>Lettuces with Wild Blueberry<br/>Dressing</p> <p>Yogurt or Hummus Lunch</p> | <p><b>Tuesday, Dec 11th</b></p> <p>1) Beefy Nachos<br/>or<br/>2) Cheesy Nachos</p> <p>Grapes<br/>Refried Beans</p> <p>Yogurt or Hummus Lunch</p>   | <p><b>Wednesday, Dec 12th</b></p> <p>1) Crispy Baked<br/>Chicken Drumstick<br/>or<br/>2) Cheese Quesadilla</p> <p>Orange Wedges, Rice</p> <p>Yogurt or Hummus Lunch</p>       | <p><b>Thursday, Dec 13th</b></p> <p>1) Homemade<br/>Turkey Gravy</p> <p>Mashed Potatoes<br/>Green Beans<br/>Fresh Baked Roll</p> <p>Yogurt or Hummus Lunch</p>          | <p><b>Friday, Dec 14th</b><br/><b>Brunch 4 Lunch</b></p> <p>1) French Toast<br/>And Sausage!</p> <p>Fruit Cup, Edamame</p> <p>Yogurt or Hummus Lunch</p>  |
| <p><b>Monday, Dec 17th</b><br/><b>Early Release Day</b></p> <p>1) Chicken Tenders<br/>or<br/>2) Vegan Nuggets</p> <p>Roasted Potatoes, Green Peas</p> <p>Yogurt or Hummus Lunch</p>       | <p><b>Tuesday, Dec 18th</b></p> <p>1) Pepperoni Pizza<br/>or<br/>2) Cheese Pizza</p> <p>Peaches<br/>Caesar Salad on Salad Bar</p> <p>Yogurt or Hummus Lunch</p>                                    |   |   |   |

Each \$3.25 lunch meal includes Entrée,  
Whole Grains, Milk and a trip through  
our Fresh Fruit and Vegetable bar.

