

# 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 w/Beans &amp; Cheese<br/>2) Bean &amp; Cheese Burrito</p> <p>Peaches, Black Bean and Corn Salsa</p> <p>Yogurt or Hummus Lunch</p> | <p><b>Wednesday, Dec 5th</b></p> <p>1) Hamburger/ 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 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>Julie's Holiday Fruit Salad<br/>Refried Beans</p> <p>Yogurt or Hummus Lunch</p>                  | <p><b>Wednesday, Dec 12th</b></p> <p>1) Crispy Baked 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) Turkey Gravy<br/>Mashed Potatoes<br/>Green Beans, Roll</p> <p>Yogurt or Hummus Lunch</p> <p>Homemade Pumpkin<br/>Cookie with Lunch!</p> | <p><b>Friday, Dec 14th</b><br/><b>Brunch 4 Lunch</b></p> <p>1) French Toast 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.

