

DECEMBER 2018

Tri-Valley Middle School

Incorporate healthy eating into your holiday dinners by adding a fresh fruit or vegetable onto your plate! After dinner, get some physical activity by going for a walk or playing catch!

Monday

3
Pancakes
French Toast Sticks
Sausage Links
Tri-Tater
Grapes
Milk

Tuesday

4
Toasted Ravioli w/Marinara
BBQ Chicken Sandwich
Baked Beans
Mandarin Oranges
Milk

Wednesday

5
Goulash
Chicken Teriyaki w/Brown Rice
Broccoli
Pineapple
Milk

Thursday

6
Chicken Strips
Whole Wheat Roll
Turkey & Veggie Wrap
Baby Carrots w/Ranch
Strawberries
Milk

Friday

7
Cheese Pizza
Buffalo Chicken Pizza
Caesar Salad
Pears
Milk

10
Breaded Chicken Sandwich
Meatball Sub
Green Beans
Fresh Banana
Milk

11
Hot Dog/Chili Dog
Chili
Corn
Mixed Fruit
Milk

12
Taco Casserole
Chicken Quesadilla
Refried Beans
Peaches
Milk

13
Chicken Nuggets
Whole Wheat Roll
Sloppy Joe
Mashed Potatoes & Gravy
Pears
Milk

14
Breakfast Pizza
Chicken Caesar Salad
Tater Tots
Applesauce
Milk

17
Chicken Waffle Fries
Cold Ham & Cheese
Tri-Tater
Grapes
Milk

18
Cheese Ravioli w/Marinara
BBQ Rib Sandwich
Steamed Carrots
Pineapple
Milk

19
Nachos Grande
Crispy Chicken Wrap
Corn
Peaches
Milk

20
Cheeseburger Mac
Chicken Fajitas
Mixed Vegetables
Pears
Milk

21
Cheese Pizza
Sausage Pizza
Garden Salad
Cinnamon Applesauce
Milk

24
NO SCHOOL
Christmas Break

25
NO SCHOOL
Merry Christmas!

26
NO SCHOOL
Christmas Break

27
NO SCHOOL
Christmas Break

28
NO SCHOOL
Christmas Break

31
NO SCHOOL
Christmas Break



Menu Subject to Change
Fresh Fruits and Vegetables Available Daily