

# DECEMBER 2018

## Tri-Valley High 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**  
Buffalo Chicken Wings  
Whole Wheat Roll  
Turkey & Veggie Wrap  
Baby Carrots w/Ranch  
Strawberries  
Milk

### Friday

**7**  
Cheese Pizza  
Buffalo Chicken Pizza  
Caesar Salad  
Pears  
Milk

**10**  
Spicy 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**  
Orange Chicken w/Rice  
Eggroll  
Sloppy Joe  
Steamed Broccoli  
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**  
Chefs Choice  
High School Final Exams

**20**  
Chefs Choice  
High School Final Exams

**21**  
Chefs Choice  
High School Final Exams

**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