




# DECEMBER 2018 LUNCH MENU PGHS GR 9-12



GRADES 9-12 Student Lunch:  
\$3.50 / Adult Lunch \$4.50  
Reduced price lunch: \$0.40

Mon	Tue	Wed	Thu	Fri
3 ITALIAN DUNKERS W/ DIP YOGURT / POWERSEEDS MIXED GREEN SALAD GOLD RUSH 100 % JUICE FRUIT / MILK	4 ORANGE CHICKEN & BRN RICE BROCCOLI SALAD BABY CARROTS CRAISINS / WG CRACKERS FRUIT / MILK	5 BURGER ON A WG BUN CHOPPED ROMAINE STEAMED CORN WG CHIPS FRUIT / MILK	6 PASTA W/ RED MEAT SAUCE WG MUFFIN / CHEESE CUP CUCUMBER CUP / YOGURT FRESH BABY CARROTS FRUIT / MILK	7 CHEESE QUESADILLA REFRIED BEANS / CARROTS MIXED GREEN SALAD GOLD RUSH 100 % JUICE FRUIT / MILK
10 PEPPERONI PIZZA COLE SLAW / YOGURT FRESH BABY CARROTS DRIED FRUIT FRUIT/ MILK	11 TERIYAKI BEEF DUNKERS BROWN RICE / WG CRACKERS ASIAN SLAW MINI SWEET PEPPERS FRUIT / MILK	12 BKFST PIZZA BAGEL POWERSNACK KERNELS GOLD RUSH 100 %JUICE POTATO TRIANGLE WG GRAHAMS / FRUIT / MILK	13 WINTER WONDER CHICKEN WINTER WONDER GRAHAMS STEAMED CALI VEGGIE VEGGIE CUP / STRING CHZ FRUIT / MILK	14 HOT DOG ON A WG BUN COWBOY BEANS WG CHIPS FRESH BABY CARROTS FRUIT / MILK
17 BEAN & CHEESE BURRITO SPANISH RICE VEGGIE CUP / STRING CHZ MIXED GREEN SALAD FRUIT / MILK	18 POPCORN CHICKEN TWISTER FRIES / WG CHIPS BABY CARROTS DRIED FRUIT FRUIT / MILK	19 GRILLED CHEESE ON WW COWBOY BEANS GREEN SALAD SEEDS / GO BIG YOGURT FRUIT / MILK	20 BEEF TACO DAY CHEESE & FLOUR TORTILAS, LETTUCE / TOMATO CUP YOGURT / CRAISINS FRUIT / MILK	21 PIZZA OF THE DAY FRESH BABY CARROTS GOLD RUSH 100% JUICE HOLIDAY COOKIE FRUIT / MILK
24  WINTER	25  	26  	27  BREAK	28  
31  NEW YEAR'S EVE				

MENU SUBJECT TO CHANGE WG=WHOLE GRAIN

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This institution is an equal opportunity provider.