

# MORRIS JEFF HIGH SCHOOL AT CLARK

## Morris Jeff/Clark High Breakfast Menu December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 December 3 – 7	3 Whole Grain Cinnamon Roll Cereal Assorted Fresh Fruit Assorted Milk	4 Turkey Sausage Breakfast Sandwich Cereal Assorted Jelly Assorted Fresh Fruit Assorted Milk	5 Greek Yogurt & Granola (V) Cereal Assorted Fresh Fruit Assorted Milk	6 Turkey & Cheese Melt Cereal Assorted Fresh Fruit Assorted Milk Assorted Jelly	7 Whole Grain Waffles Maple Syrup Cereal Assorted Fresh Fruit Assorted Milk	
WEEK 2 December 10 – 14	10 Greek Yogurt & Granola (V) Cereal Assorted Fresh Fruit Assorted Milk	11 Scrambled Eggs Cereal Whole Grain Toast Assorted Fresh Fruit Assorted Milk	12 Whole Grain Waffles Maple Syrup Cereal Assorted Fresh Fruit Assorted Milk	13 Turkey Sausage Breakfast Sandwich Cereal Assorted Fresh Fruit Assorted Milk Assorted Jelly	14 Whole Grain Cinnamon Roll w/ Maple Syrup Cereal Assorted Fresh Fruit Assorted Milk	
WEEK 3 December 17 – 21	17 Egg & Cheese Breakfast Sandwich Cereal Assorted Fresh Fruit Assorted Milk	18 Vegetable Frittata Whole Grain Toast Cereal Assorted Fresh Fruit Assorted Milk	19 French Toast w/ Maple Syrup Cereal Assorted Fresh Fruit Assorted Milk	20	21	
WEEK 4 December 24 – 28	24	25 <b>HAPPY HOLIDAYS</b>	26	27 <b>HAPPY HOLIDAYS</b>	28	
Week 5 December 31	31					



## Clark High Lunch Menu December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 December 3 – 7	3 BBQ Chicken Thigh Mac & Cheese Cheese Burger Veggie Burger ● Ham, Cheese & Triscuit Kit ● Veggie Burger on WG Bun (V) ● Baked Beans ● Baked Sweet Potato Fries ● Assorted Fresh Fruit & Milk	4 Spaghetti & Meatballs Vegetarian Pasta Crispy Chicken Sandwich ● Greek Yogurt Pack ● Vegetarian Pasta (V) ● Romaine Side Salad ● Green Peas ● Assorted Fresh Fruit ● Assorted Milk	5 Salisbury Steak w/ Dinner Roll Cheese Pizza ● Chef Salad ● Garden Salad (V) ● Mashed Potatoes ● Glazed Carrots ● Assorted Fresh Fruit ● Assorted Milk	6 Cheese Pizza (V) Crispy Chicken Sandwich Chicken Bacon Wrap ● Italian Vegetable Mix ● Zucchini ● Assorted Fresh Fruit ● Assorted Milk	7 ● Baked Chicken Nuggets Mac & Cheese Cheese Burger Turkey Bagel Sandwich Egg Bagel Sandwich (V) ● Green Beans Tater Tots ● Assorted Fresh Fruit & Milk	
WEEK 2 December 10 – 14	10 ● Red Beans & Brown Rice (V) Cheese Burger ● Eat Fit Yogurt Pack (V) ● Turnip Greens ● Corn on the Cob ● Assorted Fresh Fruit & Milk	11 ● Whole Grain Turkey Nachos ● WG Bean & Cheese Nachos (V) Salsa Crispy Chicken Sandwich ● Lettuce & Tomato ● Refried Beans ● Assorted Fresh Fruit & Milk	12 ● WG Grilled Cheese Sandwich (V) Cheese Pizza (V) Chicken Salad Wrap Tomato Basil Soup ● Mixed Vegetables ● Assorted Fresh Fruit ● Assorted Milk	13 ● Chicken Breast w/ Red Sauce ● Brown Rice Crispy Chicken Sandwich Chicken Salad Wrap Vegetable Wrap (V) Mashed Potatoes Broccoli & Cheddar Soup ● Assorted Fresh Fruit & Milk	14 Pork Chop with Gravy ● Brown Rice Cheeseburger ● Chef Salad Butternut Squash Soup w/ Grilled Cheese (V) ● Roasted Mushrooms ● Assorted Fresh Fruit & Milk	
WEEK 3 December 17 – 21	17 ● Grilled Chicken Sandwich Cheeseburger Pizza Kit (V) ● Baked Beans ● Potato Salad ● Assorted Fresh Fruit & Milk	18 Beef & Cheese Lasagna Crispy Chicken Sandwich ● Ham, Cheese & Triscuit Kit Vegetable Lasagna Green Peas ● Romaine Side Salad ● Assorted Fresh Fruit & Milk	19 <b>Special Holiday Menu</b> ● (To Be Announced)	20	21	
WEEK 4 December 24 – 28	24	<b>HAPPY HOLIDAYS</b>	26	<b>HAPPY HOLIDAYS</b>	28	
Week 5 December 31	31					