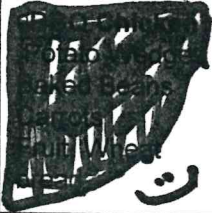


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December 2018</h1>					<h2>Rosary Cafeteria Menu</h2>	
					Call 525-2626 to Volunteer and/or to check your Student's account balance!	1 Chef Salads are available Mon - Thurs . <b>MUST</b> order with the LUNCH Count before 9am
2 LUNCH is <b>\$3.00</b> (includes MILK)  Breakfast <b>\$2.50</b> (includes Milk)  MILK only is .65	3 Whole Grain Waffle  <b>Chicken Fajita Wrap</b> Beans & Rice Fruit Green Salad	4 Sausage cheese Biscuit  <b>Baked Potato</b> w/ Ham, Cheese, or CHILI FRUIT Green Salad Wheat Roll	5 Breakfast Burrito  <b>Hot Dog</b> Oven Fries Baked Beans Fruit Carrots & Cucumbers	6 Whole Grain Pancakes  <b>Beef Pattie &amp; Brown Gravy w/ Noodles</b> Mixed Veggies FRUIT Green salad Wheat Bread	7 Scramble Egg/ Bagel  <b>Toasted Cheese Sandwich</b> ✕ SOUP Sweet Potato Fries Fruit Broccoli & Carrots Banana Pudding	8
	10 Whole Grain Waffle  <b>Turkey Sub Sandwich</b> ↗ Potato wedges Fruit Tabouli Salad Celery & Carrot sticks	11 Scrambled egg/ Biscuit & gravy  <b>Baked Ham</b> Mashed potato/Gravy Green beans <b>FRUIT</b> Wheat Bread	12 Breakfast Pizza  <b>Chicken Spaghetti</b> ✕ Green Peas Fruit Green Salad Garlic Toast	13 Whole Grain Pancakes  <b>Frito Chili Pie</b> (w/ Beef OR Vegetarian Chili) Celery sticks FRUIT Corn Green Salad	14 Scrambled Egg/Toast  <b>Bean Burrito</b> Spanish Rice Fruit Green salad Carrots Cherry Cobbler	15
16	17 French Toast  <b>Hot Turkey Sandwich</b> w/ Gravy Fruit Broccoli & Carrots Potato Wedges	18 Sausage cheese Biscuit  <b>Baked Potato</b> w/ Ham, Cheese, or Broccoli-Cheese FRUIT Green Salad Wheat Roll	19 Breakfast Burrito  <b>Beef Veggie Stew</b> Fruit Yogurt Green Salad Cornbread	20 Whole Grain Pancakes  <b>Chicken Enchilada</b> Casserole Beans & Rice Fruit Green salad	21 Oatmeal/ Toast  <b>PIZZA or</b> <b>Caesar Salad</b> Green Salad FRUIT Carrots/Bell peppers Cookie	22  <b>CHRISTMAS BREAK BEGINS...</b>
23  <i>USDA is an equal opportunity employer and provider</i>	24	25  <i>Have A</i>	26  <i>Blessed</i>	27  <i>Christmas</i>	28  <i>Season!</i>	29
30	31	HAPPY NEW YEAR-  SEE YOU ON JANUARY 7				

All Breakfasts come with Fresh Fruit, Juice & Milk. Lean meats and Yogurt are usually available. Whole grain cereals are also an option.

All Breads (Biscuits, Pancakes, Sandwiches, etc) are whole grain rich! Green salads are a mix of Romaine, spinach, and other fresh greens!

**Volunteers are always needed- PLEASE sign up to help, even one hour is awesome! Thank you!!!**