



# December Lunch & Snack Menu 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. <b>SNACK:</b> BAKED POTATOES, MINI SAUSAGES, APPLE SLICES</p> <p><b>LUNCH:</b> <u>MAC &amp; CHEESE</u>, STEAMED BROCCOLI, GRAPES</p>	<p>4. <b>SNACK:</b> SCRAMBLED EGGS W/ BROCCOLI, TATER TOTS, APPLE SLICES</p> <p><b>LUNCH:</b> <u>SPINACH SOUP w/ TOFU, RICE, FISH CAKE(어묵)</u>, WHITE KIMCHI, PINEAPPLES</p>	<p>5. <b>SNACK:</b> WAFFLES W/ MAPLE SYRUP, MINI SAUSAGES, GRAPES</p> <p><b>LUNCH:</b> <u>GRILLED CHEESE SANDWICH</u>, STEAMED BROCCOLI, APPLE SLICES</p>	<p>6. <b>SNACK:</b> HAM &amp; CHEESE CROISSANT, GO-GURT, APPLE SLICES</p> <p><b>LUNCH:</b> <u>TERIYAKI CHICKEN w/ RICE, STEAMED BROCCOLI, WHITE KIMCHEE</u>, MELON</p>	<p>7. <b>SNACK:</b> TOAST W/ BUTTER &amp; JAM, SCRAMBLED EGGS, GRAPES.</p> <p><b>LUNCH:</b> <u>ORGANIC SPAGHETTI w/ TURKEY MEATBALLS</u> KOSHER PICKLES, APPLE SLICES</p>
<p>10. <b>SNACK:</b> WAFFLES W/ MAPLE SYRUP, MINI SAUSAGES, PERSIMMONS</p> <p><b>LUNCH:</b> <u>MACARONI &amp; CHEESE</u>, STEAMED BROCCOLI &amp; CARROT STICKS, APPLE SLICES</p>	<p>11. <b>SNACK:</b> SCRAMBLED EGGS, OATMEALS W/ RAISINS, APPLE SLICES</p> <p><b>LUNCH:</b> <u>VEGETABLE CURRY w/ CHICKEN, RICE</u>, PICKED RADISH, WHITE KIMCHI, PINEAPPLES CUBES</p>	<p>12. <b>SNACK:</b> PANCAKE WITH MAPLE SYRUP, GO-GURT MANDARIN ORANGES</p> <p><b>LUNCH:</b> <u>VEGETABLE FRIED RICE WITH CHICKEN</u>, FRIED DUMPLINGS, HONEYDEW</p>	<p>13. <b>SNACK:</b> SCRAMBLED EGGS WITH BROCCOLI AND CHEESE, BAKED POTATOES W/ BUTTER, GRAPES</p> <p><b>LUNCH:</b> <u>TERIYAKI CHICKEN, RICE, FRIED DUMPLINGS</u>, STEAMED BROCCOLI, APPLE SLICES</p>	<p>14. <b>SNACK:</b> GOGURT, HARD-BOILED EGGS. MANDARINE ORANGES</p> <p><b>LUNCH:</b> <u>FETTUCCINE w/ ALFREDO SAUCE</u> STEAMED VEGGIES, GRAPES</p>

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<p>17. <b>SNACK:</b> SCRAMBLED EGGS, SAUSAGES, APPLE SLICES</p> <p><b>LUNCH:</b> <u>GRILLED CHEESE SANDWICH</u>, STEAMED BROCCOLI, CARROT STICKS, MELON</p>	<p>18. <b>SNACK:</b> WAFFLES w/ MAPLE SYRUP, TATER TOTS, ORANGES</p> <p><b>LUNCH:</b> <u>SPINACH SOUP w/ RICE</u>, FISH CAKE(어묵), WHITE KIMCHI, MANDARINE ORANGES</p>	<p>19. <b>SNACK:</b> SWEET POTATOES, HARD-BOILED EGGS, PINEAPPLES</p> <p><b>LUNCH:</b> <u>GRILLED TERIYAKI SALMON</u>, JASMINE RICE, STEAMED BROCCOLI, APPLE SLICES</p>	<p>20. <b>SNACK:</b> EDAMAME, TATER TOTS, BREAD W/ JAM, APPLE SLICES</p> <p><b>LUNCH:</b> <u>ORGANIC OVEN BAKED CHICKEN</u>, JASMINE FRIED RICE, MIXED STEAMED VEGGIES, PERSIMMONS</p>	<p>21. <b>SNACK:</b> OATMEALS W/ RAISINS, SCRAMBLED ORGANIC EGGS, APPLE SLICES</p> <p><b>LUNCH:</b> <u>ORGANIC SPAGETTI w/ TURKEY MEATBALLS</u>, STEAMED BROCCOLI, MANDARINE ORANGES</p>
				
<p>31</p> <p><b>Happy New Year!!</b></p>	<p><b>2019</b></p>	<p><b>2019</b></p>	<p><b>Year of the Pig</b> <b>(Chinese Calendar year)</b></p>	<p><b>School resumes</b> <b>1/7/2019</b></p>

EVERY SNACK MENU IS SERVED WITH 1% or 2% ORGANIC MILK(4 oz, or 5 oz), AND WE USE ORGANIC EGGS. The above menu is subject to change slightly without further notice.

SNACKS: 3-6 crackers, 2-3 oz of fruits; LUNCH: 1.5-3 oz of main dish(underlined).