



DECEMBER 2017 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Cheese Pizza Local Kale Slaw with Jicama and Mandarin Oranges
Alternative Meals: 2. Sliced Ham and American Cheese on Wheat Tortilla Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
4 Lazy Man's Lasagna Steamed Fresh Broccoli Wheat Breadstick	5 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	6 Diced Chicken in Gravy Mashed Sweet Potatoes Green Beans Wheat Dinner Roll	7 Whole Wheat French Toast Sticks String Cheese Stick Baked Cinnamon Apples Oven Hash Brown	8 Whole Grain Cheese Pizza Fresh Red and Yellow Pepper Strips with Cinnamon Vanilla Yogurt Honey Dip
Alternative Meals: 2. Sliced Turkey and American Cheese Sub 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
11 Oven Baked Chicken Nuggets BBQ Dipping Sauce Oven Roasted Garbanzo Beans	12 Cheeseburger on Whole Wheat Bun Roasted Fresh Cauliflower Wheat Dinner Roll Baked Lays Potato Chips <i>(Available with All Meals)</i>	13 Creamy Macaroni and Cheese Romaine Caesar Salad with Croutons Soft Baked Pretzel	14 Mini Maple Waffles Chilled Hard Boiled Egg Baked Sweet Potato Puffs	15 Whole Grain Cheese Pizza Roasted Fresh Brussel Sprouts
Alternative Meals: 2. Bagel Fun Lunch: Wheat Bagel, Sunbutter Cup, Danimal's Strawberry Yogurt and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
18 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	19 Pasta with Italian Meat Sauce Caesar Salad with Romaine Lettuce and Croutons Whole Wheat Bread Stick	20 Oven Baked Chicken Patty Sandwich Seasoned Carrots Scooby Do Graham Crackers <i>(Available with All Meals)</i>	21 Maple Whole Grain Mini Pancakes Oven Baked Ham Steak Oven Baked Hash Brown	22 Whole Grain Cheese Pizza Seasoned Sweet Corn Mini Snowman Notepad <i>(Available with All Meals)</i>
Alternative Meals: 2. Fresh Tuna Salad on a Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk

DAILY BREAKFAST MENU

Monday:
Whole Grain Blueberry Muffin or Low Sugar Kix Cereal

Tuesday:
Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal

Wednesday:
Nutrigrain Fruit Bar or Rice Krispy Cereal

Thursday:
Danimal's Strawberry Yogurt and Graham Crackers or Special K Cereal

Friday:
Whole Wheat Bagel with Cream Cheese or Cheerios Cereal

All breakfast served with fruit and milk.

Milk choices include 1% white and fat-free chocolate.
 USDA is an equal opportunity employer and provider.
 Menus Are Subject to Change.