



## LUNCH MENU / DECEMBER 2017

| Monday                                                                                      | Tuesday                                                                                          | Wednesday                                                                                                      | Thursday                                                                                    | Friday                                                                                        |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                                                                                             |                                                                                                  |                                                                                                                |                                                                                             | 1<br>POPCORN CHICKEN<br>FRENCH FRIES<br>BROCCOLI<br>MIXED FRUIT<br>KETCHUP<br>MILK            |
| 4<br>PIZZA SUB<br>TOSSED SALAD<br>BROCCOLI<br>CARROTS<br>PEACHES<br>MILK                    | 5<br>TURKEY GRAVY<br>MASH POTATOES<br>PEAS<br>BREAD AND BUTTER<br>APRICOTS<br>MILK               | 6<br>SUPER NACHOS<br>TORTILLA CHIPS<br>TOSSED SALAD<br>CARROT STICKS<br>BLACK BEANS<br>APPLE SAUCE CUP<br>MILK | 7<br>SLOPPY JOES<br>CHIPS<br>CREAMY COLESLAW<br>CORN<br>PINEAPPLE<br>MILK                   | 8<br>NO SCHOOL TODAY                                                                          |
| 11<br>CHEESE BURGER<br>FRENCH FRIES<br>CARROT STICKS<br>PEARS<br>PICKLES<br>KETCHUP<br>MILK | 12<br>BEEF TACO<br>LETTUCE & CHEESE<br>APPLE SAUCE CUP<br>CARROT STICKS<br>REFRIED BEANS<br>MILK | 13<br>PIZZA<br>GARDEN SALAD<br>RANCH DRESSING<br>BROCCOLI<br>PEACHES<br>MILK                                   | 14<br>SPAGHETTI<br>GARLIC BREAD<br>CAULIFLOWER<br>ORANGES<br>MILK                           | 15<br>TURKEY SUBS<br>CHIPS<br>PEAS<br>LETTUCE & TOMATO<br>MIRACLE WHIP<br>MIXED FRUIT<br>MILK |
| 18<br>CHICKEN STRIPS<br>FRENCH FRIES<br>GREEN BEANS<br>APPLE PIE PUDDING<br>KETCHUP<br>MILK | 19<br>HAMBURGER GRAVY<br>MASH POTATOES<br>PEAS<br>BREAD AND BUTTER<br>APPLE<br>MILK              | 20<br>TURKEY NOODLES<br>DINNER ROLL<br>JELLY<br>CARROT STICKS<br>CELERY<br>PEACHES<br>MILK                     | 21<br>FRENCH DIP<br>CHIPS<br>BROCCOLI<br>CARROT STICKS<br>STRAWBERRIES &<br>BANANAS<br>MILK | 22<br>NO SCHOOL TODAY                                                                         |
| 25<br>   | 26<br>CHRISTMAS BREAK                                                                            | 27<br>CHRISTMAS BREAK                                                                                          | 28<br>CHRISTMAS BREAK                                                                       | 29<br>CHRISTMAS BREAK                                                                         |



## UPTON SCHOOL BREAKFAST DECEMBER 2017

| Monday                                                                   | Tuesday                                                           | Wednesday                                                             | Thursday                                                           | Friday                                                        |
|--------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------|
| 27<br>FRUIT SMOOTHIE<br>CEREAL<br>BANANA<br>APPLE JUICE<br>MILK          | 28<br>EGG AND CHEESE BAGEL<br>ORANGES<br>ORANGE JUICE<br>MILK     | 29<br>BREAKFAST ON A STICK<br>SYRUP<br>PEACHES<br>APPLE JUICE<br>MILK | 30<br>WG BISCUIT<br>SAUSAGE GRAVY<br>GRAPES<br>APPLE JUICE<br>MILK | 1<br>CEREAL BAR<br>GOGURT<br>PINEAPPLE<br>APPLE JUICE<br>MILK |
| 4<br>CEREAL<br>TOAST<br>JELLY<br>APRICOTS<br>ORANGE JUICE<br>MILK        | 5<br>OATMEAL MUFFIN<br>SQUARES<br>PEACHES<br>ORANGE JUICE<br>MILK | 6<br>LONG JOHN<br>BANANA<br>APPLE JUICE<br>MILK                       | 7<br>OATMEAL<br>TOAST<br>JELLY<br>PEARS<br>APPLE JUICE<br>MILK     | 8<br>NO SCHOOL TODAY                                          |
| 11<br>CHEESE OMELET<br>TOAST<br>JELLY<br>PEARS<br>APPLE JUICE<br>MILK    | 12<br>STRAWBERRY FRENCH<br>TOAST<br>BANANA<br>APPLE JUICE<br>MILK | 13<br>WAFFLE<br>SYRUP<br>ORANGES<br>APPLE JUICE<br>MILK               | 14<br>BAGEL<br>CREAM CHEESE<br>GRAPES<br>APPLE JUICE<br>MILK       | 15<br>MINI PANCAKES<br>SYRUP<br>APPLE<br>MILK                 |
| 18<br>FRUIT PARFAIT<br>BAGEL<br>CREAM CHEESE<br>MANDARIN ORANGES<br>MILK | 19<br>BANANA MUFFIN<br>PINEAPPLE<br>APPLE JUICE<br>MILK           | 20<br>CROISSANT<br>BANANA<br>ORANGE JUICE<br>MILK                     | 21<br>BREAKFAST PIZZA<br>PEACHES<br>ORANGE JUICE<br>MILK           | 22<br>NO SCHOOL TODAY                                         |
| 25<br><b>MERRY</b>                                                       | 26<br><b>CHRISTMAS</b>                                            | 27<br><b>&amp;</b>                                                    | 28<br><b>HAPPY</b>                                                 | 29<br><b>NEW YEAR</b>                                         |

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