








North County Joint Union School District
 Spring Grove School
DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>FIRST Breakfast is FREE! (additional breakfast = \$1.50) Milk = 50 cents Bottled Water = \$1</p>		<p>1</p> <p>Choice of: Waffles w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>2</p> <p>Choice of: Benefit Bar Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>3</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
<p>6</p> <p>Choice of: Muffins Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>7</p> <p>Choice of: Breakfast Pizza Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>8</p> <p>Choice of: French Toast w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>9</p> <p>Choice of: Breakfast Sandwich, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>10</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
<p>13</p> <p>Choice of: Zucchini or Cinnabread Bread Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>14</p> <p>Choice of: Cheesy Ham and Eggs, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>15</p> <p>Choice of: Pancakes w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>16</p> <p>Choice of: Sausage, Cheese & Egg Biscuit Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>17</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
 <p><i>Winter Break December 20 - January 3</i></p>  				

Offered daily with breakfast: 1% white milk or fat free chocolate milk, string cheese, fresh fruit, and 100% fruit juice. Students must choose 3 items(Entrees count as 2) including a fruit or juice to complete their meal.



The USDA and the CDE are equal opportunity providers and employers

Menu subject to change due to availability





North County Joint Union School District
Spring Grove School

DECEMBER

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>ALL students can get a lunch for FREE!</i></p>  <p><i>Milk = 50 cents</i> <i>Bottled water = \$1</i></p> 		<p>1</p> <p>Chicken Nuggets Mashed Potatoes, Corn Apple Slices, Peanut Butter Chat Snax</p>	<p>2</p> <p>Grilled Chicken Sandwich Crinkle Cut Fries, Broccoli Lettuce & Tomato Raisins</p>	<p>3</p> <p>Domino's Pepperoni Pizza Cheesy Bites Celery Sticks, Hummus Cup Tossed Salad, Asst'd Fruit</p>
<p>6</p> <p>Cheeseburger Oven Baked Fries Lettuce and Tomato Pickles, Oranges</p>	<p>7</p> <p>Cheese Enchiladas Refried Beans, Spanish Rice, Tossed Salad Fruit Cup</p>	<p>8</p> <p>Chicken Drumstick Loaded Mashed Potatoes Peas and Carrots, Garlic Knot Apple Slices, Peanut Butter</p>	<p>9</p> <p>Ham and Cheddar Ciabatta Lettuce & Tomato, Sun Chips Cucumber Spears, Oranges</p>	<p>10</p> <p>Domino's Cheese Pizza Baby Carrots, Ranch Tossed Salad, Asst'd Fruit Chocolate Chip Cookie</p>
<p>13</p> <p>*Breakfast for Lunch* French Toast Sticks Sausage, Tater Tots, Edamame, Banana</p>	<p>14</p> <p>Chicken & Cheese Tamale Refried Beans, Spanish Rice, Tossed Salad Fruit Cup</p>	<p>15</p> <p>Chicken Nuggets Garlic Mashed Potatoes Cheesy Bites Corn, Fruit Sorbet</p>	<p>16</p> <p>Fish Sticks Oven Baked Fries Trees and Snow, Apples Cinnamon Goldfish</p>	<p>17</p> <p>Domino's Pepperoni Pizza Celery Sticks, Hummus Cup, Tossed Salad, Asst'd Fruit Cookie</p>



Winter Break December 20 - January 3



1% White Milk and Fat Free Chocolate milk are offered with every meal! Milk is not required; however, student meals must include at least 3 food groups INCLUDING A FRUIT OR VEGETABLE.

