






| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>12/1</b><br><b>1 C PASTA &amp; (4/.5) MEATBALL BAKE</b><br><b>1 C GREEN BEANS</b><br><b>FRESH APPLE</b><br><b>¼ C 100% APPLE JUICE</b><br><b>1 C MILK</b>   | <b>12/2</b><br><b>GRILLED CHICKEN ON WGR BUN</b><br><b>1 C POTATOES</b><br><b>½ C APPLESauce</b><br><b>½ C 100% ORANGE JUICE</b><br><b>1 C MILK</b>                                   | <b>12/3</b><br><b>2 OZ ORANGE CHICKEN OVER</b><br><b>¾ C VEGGIE FRIED RICE</b><br><b>¾ C STEAMED BROCCOLI</b><br><b>½ C TROPICAL FRUIT</b><br><b>½ C 100% GRAPE JUICE</b><br><b>1 C MILK</b>                 | <b>12/4</b><br><b>CHICKEN CORNDOG</b><br><b>1 C BAKED BEANS</b><br><b>1/2C. MANDARINE ORANGES</b><br><b>½ C 100% APPLE JUICE</b><br><b>1 C MILK</b>                             | <b>12/5</b><br><b>WGR BUFFALO CALZONE</b><br><b>FRESH CARROTS</b><br><b>RANCH</b><br><b>1/2C. PEACHES</b><br><b>1/2C. GRAPE JUICE</b><br><b>1C. MILK</b> |
| <b>12/8</b><br><b>4.3 OZ CHICKEN TENDERS</b><br><b>1 SLICE WGR BREAD</b><br><b>1 MARGARINE</b><br><b>1 C GREEN BEANS</b><br><b>FRESH APPLE</b><br><b>½ C 100% APPLE JUICE</b><br><b>1 C MILK</b>     | <b>12/9</b><br><b>CHICKEN PATTY ON WGR BUN</b><br><b>1 C BAKED BEANS</b><br><b>½ C APPLESauce</b><br><b>½ C 100% ORANGE JUICE</b><br><b>1 C MILK</b>                                  | <b>12/10</b><br><b>HAMBURGER ON BUN</b><br><b>1 C STEAMED BROCCOLI</b><br><b>½ C TROPICAL FRUIT</b><br><b>½ C 100% GRAPE JUICE</b><br><b>1 C MILK</b>  | <b>12/11</b><br><b>2 OZ CHICKEN TENDERS &amp; (1/1.3 OZ) WAFFLES</b><br><b>1 C POTATOES</b><br><b>1/2C. MANDARINE ORANGES</b><br><b>½ C 100% APPLE JUICE</b><br><b>1 C MILK</b> | <b>12/12</b><br><b>INSERVICE DAY</b>   |
| <b>12/15</b><br><b>¾ C MACARONI &amp; CHEESE</b><br><b>1 SLICE WGR BREAD</b><br><b>1 MARGARINE</b><br><b>1 C GREEN BEANS</b><br><b>FRESH APPLE</b><br><b>½ C 100% APPLE JUICE</b><br><b>1 C MILK</b> | <b>12/16</b><br><b>4.5 OZ CHEESE &amp; BEAN BURRITO</b><br><b>1 TACO SAUCE</b><br><b>1 C STEAMED CORN</b><br><b>½ C APPLESauce</b><br><b>½ C 100% ORANGE JUICE</b><br><b>1 C MILK</b> | <b>12/17</b><br><b>(5/.60 OZ) CHICKEN NUGGETS</b><br><b>1 SLICE WGR BREAD</b><br><b>1 MARGARINE</b><br><b>1 C BAKED BEANS</b><br><b>½ C TROPICAL FRUIT</b><br><b>½ C 100% GRAPE JUICE</b><br><b>1 C MILK</b> | <b>12/18</b><br><b>4 OZ SLOPPY JOE ON WGR BUN</b><br><b>1 C STEAMED BROCCOLI</b><br><b>1/2C. MANDARINE ORANGES</b><br><b>½ C 100% APPLE JUICE</b><br><b>1 C MILK</b>            | <b>12/19</b><br><b>WGR CHEESE PIZZA</b><br><b>FRESH CARROTS</b><br><b>RANCH</b><br><b>1/2C. PEACHES</b><br><b>1/2C. GRAPE JUICE</b><br><b>1C. MILK</b>   |
| <b>12/22</b><br>  | <b>12/23</b><br>   | <b>12/24</b><br>   | <b>12/25</b><br>   | <b>12/26</b><br>  |

**POSITIVE EDUCATION PROGRAM  
DECEMBER LUNCH CYCLE MENU 9-12**