
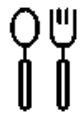

 = New Item  
 = Meatless



# GRANT December Lunch Menu



I live less than 225 miles away, so all of my fruits and vegetables are local! 

## WINTER BREAK

DEC 26 - JAN 6



<p><b>★ MONDAY 12/5</b>          Grilled Cheese Sandwich          Baby Carrots w/ Low Fat Ranch  <i>Or</i>          Cheese Quesadilla  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>TUESDAY 12/6</b>          Turkey Pepperoni Pizza Pocket          Baby Carrot  <i>Or</i>          Yogurt &amp; Pretzel  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>WEDNESDAY 12/7</b>          Pasta with Meat Sauce          Aloha Bread  <i>or</i>          Bean and cheese burrito  <i>Fresh Fruit &amp; Salad bar on Side</i></p>		<p><b>THURSDAY 12/8</b>          Tostada Boat          Turkey Taco Meat + Refried Beans  <i>Or</i>          Hummus Box + Pita bread  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>FRIDAY 12/9 ★</b>          Big Daddy Cheese Pizza          Green Salad + Cherry Tomatoes          Frozen Fruit Cups  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>	
<p><b>★ MONDAY 12/12</b>          Bosco Cheese Sticks + Marinara  <i>Or</i>          Cheese Quesadilla  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>TUESDAY 12/13</b>   Cheeseburger on Whole Grain Bun          Baked Potato Smiles  <i>Or</i>          Bean &amp; Cheese Burrito  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>WEDNESDAY 12/14</b>          Pancakes + Turkey Sausage Patty          Tater Tots  <i>Or</i>          Yogurt &amp; Pretzel  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>THURSDAY 12/15</b>          Taco Bar: Turkey Taco Meat          Flour Tortilla + Refried Beans  <i>Or</i>   Protein Box + Bagel  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>FRIDAY 12/16 ★</b>          Tony's French Bread Cheese Pizza          Green Salad + Cherry Tomato  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>	
<p><b>★ MONDAY 12/19</b>          Macaroni &amp; Cheese          Yummy Green Beans  <i>Or</i>          Cheese Quesadilla  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>TUESDAY 12/20</b>          Baked Chicken Fritters          Baked Sweet Potato Cubes  <i>Or</i>          Bean &amp; Cheese Burrito  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>WEDNESDAY 12/21</b>          Orange Chicken           Steamed Brown Rice + Broccoli  <i>Or</i>          Yogurt &amp; Pretzel  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>THURSDAY 12/22</b>          Taco Salad w/ Turkey Taco Meat          Refried Beans + Tortilla Chips  <i>Or</i>          Hummus Box + Bagel  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>		<p><b>FRIDAY 12/23 ★</b>          Tony's Thin Crust Cheese Pizza          Green Salad + Cherry Tomato  <i>Fresh Fruit &amp; Salad Bar on the Side</i></p>	

### PRICES

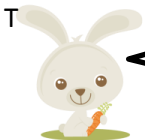
Elementary Full Lunch \$3.00  
 Elementary Reduced Lunch \$0.40  
 Adult Lunch \$4.25

### FRUIT & SALAD BAR OPTIONS OF THE MONTH

**FRUITS:** APPLE, PEAR, ORANGE, PERSIMMON, MANDARIN, KIWI  
**VEGETABLES:** LETTUCE, BROCCOLI, CARROT, CELERY, CUCUMBER, JICAMA, CHERRY TOMATO, CORN, RED BELL PEPPER, CAULIFLOWER, GREEN BEAN

### DAILY MILK OPTION

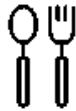
1% Low Fat Milk  
 Nonfat Milk  
 Nonfat Chocolate Milk



Do you know that your kids can go to the fruit and salad bar every day?



This institution is an Equal Opportunity Provider





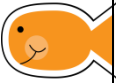







# December Breakfast Menu



I live less than 225 miles away, so all of my fruits and vegetables are local!



<p>DEC 5-9 <b>MONDAY</b> Coffee Cake DEC 19-23 <b>Or</b> Cereal w/ Graham Crackers</p> 	<p><b>TUESDAY</b> Biscuit w/ Sausage <b>Or</b> Cereal w/ String Cheese</p> 	<p><b>WEDNESDAY</b> Breakfast Pizza Bagel <b>Or</b> Cereal w/ Graham Crackers</p> 	<p><b>THURSDAY</b> Oatmeal w/ Graham Crackers <b>Or</b> Cereal w/ String Cheese</p> 	<p><b>FRIDAY</b> Zucchini Bread <b>Or</b> Cereal w/ Graham Crackers</p> 
<p>DEC 12 – 16 <b>MONDAY</b> Banana Bread DEC 26 – JAN 6 <b>Or</b> Cereal w/ String Cheese</p> 	<p><b>TUESDAY</b> Belgian Waffle <b>Or</b> Cereal w/ Graham Crackers</p> 	<p><b>WEDNESDAY</b> Breakfast Pizza Bagel <b>Or</b> Cereal w/ String Cheese</p> 	<p><b>THURSDAY</b> French Toast Sticks <b>Or</b> Cereal w/ Graham Crackers</p> 	<p><b>FRIDAY</b> Build Your Own Yogurt Parfait <b>Or</b> Cereal w/ String Cheese</p> 

## PRICES

Elementary Full Breakfast \$1.25  
 Elementary Reduced Breakfast \$.30  
 Adult Breakfast \$2.25

Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)

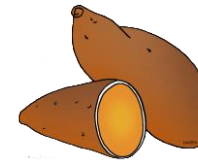
## DO YOU KNOW?

You may qualify for CalFresh and/or affordable Health Care Benefits?

Visit Virginia Avenue Park, Tuesdays,  
8 am – 5 pm

For more information/appointments:  
Call 310-458-8688

## HEALTHY SERVING IDEAS



### SWEET POTATOES

- Instead of potato chips, peel and slice raw sweet potatoes and serve with fat free dip for a healthy snack
- Dip strips of sweet potatoes in egg, substitute and bake lightly oiled pan at 425 F for 25-30 minutes to make sweet potatoes fries.
- Baked sliced sweet potatoes with apples and cinnamon for a hot dessert.

### PRODUCE TIPS

- Choose firm, dark, dry and smooth bruises, sprouts or moldy spots. One decayed spot can make the entire sweet potato tasted bad, even when cut away.
- Do not was sweet potatoes until you are ready to cook them
- Do not store sweet potatoes in the refrigerator. To keep, fresh, store in a dry, cool place, like a pantry or garage.
- At room temperature sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month longer.

## DAILY MILK OPTIONS

1% Low-fat Milk  
 Nonfat Milk  
 Nonfat Chocolate Milk

My milk is hormone free!!

