DECEMBER | 2017

Garaway Local Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The numbers in parenthesis is the number of grams of Carbohydrates in one serving. The milk and dressings have food labels that can be used to determine carb counts.				**1** Mac & Cheese (22) w/ Slice of Ham (1) OR BBQ Chicken Pizza (38) OR Oriental Chicken Salad Steamed Peas & Carrots (11) ***Eat a Red Apple Day***
4 American Steakburgers (24) OR Big Mac Salad Lettuce, Tomatoes, Pickles & Onions (9) French Fries (27) ***National Cookie Day***	**5** Elem Schools – Chicken Fries (16) MSHS – Boneless Wings (15) Dipping Sauces (18) OR Chicken Fajita Salad Country Trio Vegetables (9)	**6** Stuffed Crust Pizza (38) OR American Harvest Salad Green Beans (4)	**7** Hotdog on a Bun (21) OR Sloppy Joe Sandwich (34) OR Chef Salad French Fries (27) Creamy Cole Slaw (7)	**8** Chicken Nuggets (16) w/ Dinner Roll (14) OR Oriental Chicken Salad Mashed Potatoes w/ Gravy (21)
11 Toasted Cheese Sandwich (28) w/ Cup of Chili (15) OR Pepperoni Pizza (38) OR Big Mac Salad Tomato Soup	**12** Mozzarella Breadsticks w/ Marinara Sauce (40) OR Chicken Fajita Salad Cook's Choice Hot Vegetable	**13** Stuffed Crust Pizza (38) OR American Harvest Salad Green Beans (4)	**14** Walking Tacos (45) OR Chef Salad Fiesta Corn & Black Beans (20)	**15** Popcorn Chicken w/ Gingerbread (25) OR Oriental Chicken Salad Mashed Potatoes w/ Gravy (21)
18 Chicken & Noodles (22) w/ Biscuit (22) OR 4 Meat Pizza OR Big Mac Salad Green Beans	**19** Mini Corn Dogs (30) OR Chicken Fajita Salad Mixed Vegetables	**20** Stuffed Crust Pizza (38) OR American Harvest Salad Herbed Broccoli & Carrots (8)	**21** Holiday Break – No School	**22** Holiday Break – No School
25 Holiday Break – No School	**26** Holiday Break – No School	**27** Holiday Break – No School	**28** Holiday Break – No School	**29** Holiday Break – No School

Daily Menu Options

Additional Entrée Options:

Option 2: PBJ Uncrustable, Cheese Stick & Goldfish Crackers (47)

Option 3: Yogurt w/ Granola, Cheese Stick & Goldfish Crackers (55)

Daily Fruit Options:

- Apples (12)
- Oranges (10)
- Bananas (27)
- Grapes (23)
- Applesauce (14)
- Diced Peaches (16)
- Diced Pears (16)
- Mixed Fruit (16)
- Raisins (31)
- Craisins (28)
- Strawberry Cup (22)
- Frozen Peach Cup (19)

Daily Vegetable Options:

- Tossed Salad (4)
- Baby Carrots (2)
- Variety of fresh vegetables

Daily Milk Options:

- 1% White Milk
- 2% Chocolate Milk
- Fat Free Strawberry Milk