



DECEMBER | 2018

PIQUA HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Nachos - Taco Meat (3) Cheese Sauce (5) Chips (21) Pulled Pork Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	4 Cheese Garlic Bread (30) BBQ Chicken Sand. (28) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Apple Slices (18) Peaches (14)	5 French Toast (46) Syrup Cup (29) Sausage, Egg & Cheese Sandwich (29) Tater Rounds (16) Glazed Carrots (16) Orange Juice (19) Pears (16)	6 Hot Ham & Cheese (25) Turkey & Cheese Sub (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Strawberries (22) Pineapple (20)	7 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Baby Carrots (12) w/Ranch (5) California Blend (5) Fresh Banana (27) Mandarin Oranges (20)
10 Mini Corn Dogs (20) Chicken Nuggets (13) w/ Dinner Roll (15) Baked Beans (36) French fries (14) Fresh Oranges (21) Applesauce (14)	11 Spaghetti (34) w/ Breadstick (14) BBQ Rib w/ Pickle (38) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14)	12 Grilled Cheese (31) Goldfish Crackers (14) Chicken Patty (39) Tomato Soup (20) Steamed Broccoli (2) Grapes (16) Pears (16)	13 Cheese Quesadilla (40) Cheeseburger (25) Baby Carrots (12) w/Ranch (5) Peas (11) Strawberries (22) Pineapple (20)	14 East of Chicago (42) Shredded BBQ (30) Celery (2) w/ Peanut butter cup (8) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
17 Mac & Cheese (28) Fish Sticks (22) Dinner Roll (15) Potato Wedges (14) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	18 Pizza Bob (30) Ravioli (28) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Apple Slices (18) Peaches (14)	19 <u>Holiday Dinner</u> Glazed Ham Dinner Roll Scalloped Potatoes Green Beans Fruit & Dessert	20 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Strawberries (22) Pineapple (20)	21 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Cucumbers (0) & Tomatoes (2) Baby Carrots (12) w/ Ranch (5) Fresh Banana (27) Mandarin Oranges (20)
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL				

Fruit & Vegetables

You **MAY** take 2
Fruits and 2
Vegetables with your meal
But it is
REQUIRED that
You take at least 1 of one or the
other
To count as a
Reimbursable
School meal

All lunches come
With low-fat
Or no fat Milk

Other Choices
Chicken Patty Sandwich (28)
Cheeseburger (26)
Cheese Sticks (30)
Spicy Chicken Sandwich (28)
School Pizza (33)
Salads (15)
PB&J w/ Yogurt (44)

(##) is Carb count