

# December 2018

## OZARK K5

### LUNCH



**School Information:** Jo Haraldson,  
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**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Tangerine Chicken **3**  
Teriyaki Beef Wonderbite  
Steamed Broccoli  
Steamed Rice  
Grapes Milk

### Tuesday

Chili w/Beans **4**  
Chicken Taquito  
Super Star Corn Bread  
Celery Sticks  
Blueberries Milk

### Wednesday

Ham & Cheese Roll Up **5**  
Nachos w/Cheese  
Baby Carrots  
Blushing Pears  
Milk

### Thursday

Country Fried Pork Steak **6**  
Chicken Nuggets  
Mashed Potatoes  
Sour Watermelon Raisins  
Dinner Roll Milk

### Friday

Soft Beef Taco **7**  
Meatball Sub  
Black-Eyed Peas  
Banana  
Jello Milk

Chicken Tenders **10**  
Ham & Cheese Sandwich  
Baked Beans  
Mandarin Oranges  
Banana Pudding Milk

Hot Dog on Bun **11**  
Chicken Burrito  
French Fries  
Diced Pears  
Milk

Baked Potato w/Chili **12**  
Teriyaki Chicken Dippers  
Mixed Vegetables  
Juice Cup, Orange Pineapple  
Mini Cinnamon Roll Milk

Chicken Patty **13**  
Turkey Pot Roast  
Mashed Sweet Potato  
Raisins  
Dinner Roll Milk

Cheese Pizza **14**  
Grilled Cheese Sandwich  
Salad  
Fresh Apple  
Milk

Walking Taco **17**  
Pork Rib Patty/Bun  
Green Beans  
Tropical Fruit Salad  
Chocolate Chip Cookie Milk

Hamburger on Bun **18**  
Chicken Wrap  
Fresh Broccoli  
Pineapple Tidbits  
Jurassic World Grahams Milk

Deli Sub Sandwich **19**  
Chicken Nuggets  
Pork & Beans  
Apricot Halves  
Milk

Ham **20**  
Turkey  
Scalloped Potatoes  
California Blend Vegetables  
Sliced Strawberries  
Ice Cream Cup Dinner Roll Milk

CHRISTMAS BREAK **21**

CHRISTMAS BREAK **24**  
This institution is an equal opportunity provider.

CHRISTMAS BREAK **25**  
This menu is subject to change.

CHRISTMAS BREAK **26**

CHRISTMAS BREAK **27**

CHRISTMAS BREAK **28**

CHRISTMAS BREAK **31**



Visiting adults cannot charge a meal to their student account. Please have cash when paying. Adult meals are \$3.10. Correct change is encouraged.

