

December Menu – Carb Count

Meals for pick-up November 30-December 4			
<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Additional Fruits and Vegetables for Breakfast Lunch</u>	
Homemade muffin 28	hot dog 2 & wedges 20 Bun 26	Local apples 19	Fresh vegetable
Mini waffles 37	Cheese 14 Salsa 3 Chips 30 nachos	Diced peaches 14	Baby carrots 4 (1/4 cup)
Assorted cereal varieties – read label	Cheese pizza 29	Fresh orange 16	Refried beans 16
Bagel 44 & cream cheese 1	Italian dunkers 28 & Marinara 8	Fruit juice 16	Salsa 3
String cheese daily 1	Cheeseburger 4 & Bun 26	Applesauce cup 12	Shredded lettuce 1
		Diced pears 15	Corn 16
		Craisins 30	
Meals for pick-up December 7-11			
<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Additional Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28	Philly Cheesesteak 10 & Peewee Bun 26	Local apples 19	Fresh baby carrots 12
Mini waffles 37	Grab & Go 44	Fruit juice 16	Green beans 3 (1/4 cup)
Assorted cereal varieties – read label	<i>(yogurt 17, string cheese 1, & bread slice 26)</i>	Applesauce 13	Bean & corn salsa 24
Bagel 44 & cream cheese 1	Grilled cheese 35	Craisins 30	Shredded lettuce 1
String cheese daily 1	Chicken parm 21 Bun 26	Fresh orange 16	
	Beef fiesta nachos 24 and tortilla chips 30	Mandarin oranges 17	
Meals for pick-up December 14-18			
<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Additional Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28	BBQ beef 14 & tots 16 & Bun 26	Local apples	Baby carrots 4 (1/4 cup)
Mini waffles 37	Chicken strips 13	Fresh orange	Green beans 6 (1/2 cup)
Assorted cereal varieties – read label	Cheese pizza 29	Fruit juice	Bean salsa 24
Bagel 44 & cream cheese 1	Bento box 15	Applesauce	Corn 16
String cheese daily 1	<i>(includes turkey and cheese slices and crackers)</i>	Diced pears	Shredded lettuce 1
	Beef walking tacos 2 with Fritos 30	Berry cup	
Meals for pick-up December 22			
<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Additional Fruits and Vegetables for Breakfast Lunch</u>	
Homemade muffin 28	hot dog 2 & wedges 20 Bun 26	Local apples 19	Fresh vegetable
Mini waffles 37	Cheese 14 Salsa 3 Chips 30 nachos	Diced peaches 14	Baby carrots 4 (1/4 cup)
Assorted cereal varieties – read label	Cheese pizza 29	Fresh orange 16	Refried beans 16
Bagel 44 & cream cheese 1	Italian dunkers 28 & Marinara 8	Fruit juice 16	Salsa 3
String cheese daily 1	Cheeseburger 4 & Bun 26	Applesauce cup 12	Shredded lettuce 1
		Diced pears 15	Corn 16
		Craisins 30	

This institution is an equal opportunity

Meals for pick-up December 29

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Additional Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28	Philly Cheesesteak & Peewee Bun 26	Local apples 19	Baby carrots 4 (1/4 cup)
Mini waffles 37	Grab & Go 44	Fruit juice 16	Refried beans 16
Assorted cereal varieties – read label	<i>(yogurt 17, string cheese 1, & bread slice 26)</i>	Applesauce 13	Salsa 3
Bagel 44 & cream cheese 1	Grilled cheese 35	Craisins 30	Shredded lettuce 1
String cheese daily 1	Chicken parm & Bun 26	Fresh orange 16	Corn 16
	Beef fiesta nachos 24 and tortilla chips 30	Mandarin oranges 17	

Delivery Schedule 12/1 – 12/18

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 11:45am	East, Falk, Hamilton, Lincoln	Elvehjem, Emerson, Olson, Thoreau	Black Hawk, Crestwood, LaFollette, Leopold	Lindbergh, O’Keeffe, Stephens, West	Chavez, Franklin, Sandburg, Whitehorse
12:00 – 1:45pm	Badger Rock, Sherman, Shorewood, Toki	Kennedy, Lapham, Memorial, Midvale	Cherokee, Glendale, Lake View, Spring Harbor	Lowell, Mendota, Muir, Randall	Allis, Hawthorne, Huegel, Wright
4:00 – 6:00pm		Food Production Center 4711 Pflaum Rd	Memorial High School		

Delivery Schedule 12/22 & 12/29

<u>10:00 - 11:15 am</u> Mendota Elementary Badger Rock Middle Toki Middle/Orchard Ridge Elementary Chavez Elementary	<u>11:30 am - 12:45 pm</u> Sandburg Elementary LaFollette High Olson Elementary Midvale Elementary	<u>1:00 - 2:15 pm</u> East High Kennedy Elementary Memorial High Leopold Elementary
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If sites are closed because of bad weather on either Tuesday, pick-up will be Wednesday of the same week instead. Watch our website for announcements: <https://food.madison.k12.wi.us/>.

