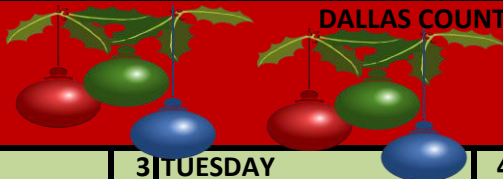


DALLAS COUNTY SCHOOL MENUS - SCHOOL YEAR 2018-2019

December
LUNCH 9-12



Requirements for each menu: 2 oz meat, 2 oz whole wheat bread at least 3 times a week, 1 cup fruit daily, 1 cup veggies daily, 8 oz milk.

MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY	7
Hot Dog w/WW Bun Sauerkraut Baked Fries Tossed salad Fruit/ Milk		Spaghetti w/Meat Sauce Green Beans Tossed Salad Roll Cookie Fruit/Milk		Baked Chicken Collard Greens Sweet Potatoe Pattie WW Cornbread Cookie Fruit/Milk		Smoked Sausage Macaroni w/ Cheese Sauce Blackeyed Peas Vegetable Roll Fruit/Milk		WG Pizza French Fries Tossed Salad Fruit Fruit Juice Milk	
MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY	14
Grilled Chicken Fajita w/ Stir Fry w/Vegetables Brown rice Roll Baby Carrots,raw Fruit/Milk		Cheese Burgers w/WW Bun Romaine/Tomato/Pickles California Blend Vegetables Onion Rings Cookie & Corn Nuggets Fruit//Milk		Beef Tips w/Gravy Brown Rice Broccoli with cheese Baby Carrots,raw ww Roll Fruit / Milk		Hot Wings Oven Roasted Potatoes Tossed Salad Brown Rice Roll Fruit /Milk		Corn Dog Baked Beans French Fries Tossed Salad Fruit Milk	
MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY	21
Chicken Alfredo w/noodles Green Beans Carrots, raw Fruit Milk		BBQ Sandwich Baked Beans French Fries Cookies Fruit/Milk		Chicken Patty/WW Bun Mashed Potatoes California Blend Vegetables Roll Gravy Fruit/Milk		Tuna Salad Romaine Lettuce Tomatoes Dill Pickle Slices Crackers, Carrots,Celery Fruit/Milk		Cod square or Breaded Beef Bun French Fries Steamed Broccoli Cookie Fruit/Milk	
MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY	28
Happy									
MONDAY	26	TUESDAY	27	WEDNESDAY	28	THURSDAY	29	FRIDAY	30
Holidays!									