



December 2018

Barkhamsted Elementary School



Five food components are offered with each lunch - milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c fruit or vegetable. Lunch menu subject to change.


 12/03-12/07 Grilled Turkey and Cheese on a Ciabatta Roll
 12/10-12/14 Egg Salad Sandwich
 12/17-12/21 Grilled Cheese Sandwich
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
 Lunch \$2.85



Monday

Tuesday

Wednesday

Thursday

Friday

Bagel with Cream Cheese, Butter, Peanut Butter, or Plain
Boiled Egg, Home Fries
Raw Veggies
Assorted Fruit **3**

Grilled Cheese Sandwich
Soup
Green Beans
Assorted Fruit **4**

Chicken Alfredo with Penne
Garlic Knot Roll
Steamed Broccoli
Assorted Fruit **5**

Hamburger/Cheeseburger on a WW Roll
Baked Beans
Sour Pickle Chips
Assorted Fruit **6**

Tony's Galaxy Single Serve Pizza
Cooked Carrots
Assorted Fruit **7**

Mini Waffles
Syrup
Sausage Links
Sweet Potato Fries
Assorted Fruit **10**

Hotdog on a WW Roll
Baked Beans
Crinkle Fries
Assorted Fruit **11**

Pasta with a Red Sauce
Breaded Chicken Filet
Peas
Assorted Fruit **12**

Turkey and Gravy
WW Dinner Roll
Mashed Potato
Butternut Squash
Cranberry Sauce
Assorted Fruit **13**

BIG Daddy Cheese OR Pepperoni Pizza
Steamed Broccoli
Assorted Fruit **14**

Choice of: Mini Pancakes, Mini French Toast or Mini Waffles, Syrup
Ham Slice
Hash Brown Patty
Assorted Fruit **17**

Chicken Pot Pie with a WW Biscuit
Corn Kernel
Assorted Fruit **18**

Pasta with a Red Sauce and Meatballs
WW Bread and Butter
Cooked Carrots
Assorted Fruit **19**

Hamburger/Cheeseburger on a WW Roll
Baked Beans
Crinkle Fries
Assorted Fruit **20**

Tony's Single Serve Cheese Pizza
Steamed Broccoli
Assorted Fruit **21**

NO School **24**

Winter Break! **25**

Enjoy!!!! **26**

27

28

No School **31**

