



ISL CAFE: December 2008



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Assorted Muffins Scrambled Eggs. Fruit Cup Red Beans Steamed Rice Tossed Salad Diced Peaches Cornbread <i>Vegetarian Option:</i> Vegetarian Red Beans	Grits, Turkey Sausage, Fresh Fruit Sausage Pizza Steamed Corn Fresh Fruit <i>Vegetarian Option:</i> Cheese Pizza	Pancakes, Sausage, Fruit Oven Roasted Chicken Scalloped Potatoes Steamed Carrots/Peas Jell-O Cup Wheat Roll <i>Vegetarian Option:</i> Scalloped Potatoes	Biscuit, Turkey Sausage, Fresh Fruit Ham & Cheese Mini Sub Lettuce/Tomatoes Pickle Spears Fresh Fruit <i>Vegetarian Option:</i> Veggie Mini Sub	Assorted Cereal Wheat Toast Fresh fruit Fish Nuggets Mashed Potatoes Tossed Salad Fresh Fruit <i>Vegetarian Option:</i> Veggie Burger
8	9	10	11	12
Hash browns, Wheat Toast, Fresh Fruit Rotini Pasta Alfredo Fajita Chicken Strips Steamed Green Beans Fresh Fruit Salad <i>Vegetarian Option:</i> Rotini Pasta Alfredo	Assorted Cereal Toast Fresh Fruit Beef hot dog on bun Baked Beans Fresh Fruit <i>Vegetarian Option:</i> Veggie Quesadillas	Pancake Bites Fresh Fruit Meat sauce Spaghetti Steamed Green Peas Baked Apples Soft Wheat roll <i>Vegetarian Option:</i> Spaghetti w/ tomato marinara sauce	Biscuit Sliced Ham Fresh Fruit Breaded Beef Fingers Seasoned Yellow Rice Broccoli w/ Cheese Fresh Fruit salad <i>Vegetarian Option:</i> Seasoned Yellow Rice	Oatmeal or Yogurt Wheat Toast Fresh Fruit Chicken Nuggets Tater tots Tossed Salad Fresh Fruit <i>Vegetarian Option:</i> Mac & Cheese Wedges
15	16	17	18	19
Assorted Muffins Scrambled Eggs Fresh Fruit Barbecue Pork Riblet Mashed Potatoes Steamed Mixed Vegetables Soft Wheat Roll <i>Vegetarian Option:</i> Vegetable Rice	Grits Turkey Smoked Sausage Fresh Fruit Tuna Salad Assorted Crackers Tossed Garden Salad Fresh Fruit <i>Vegetarian Option:</i> Breaded Cheese Sticks	Pancake Bites Fresh Fruit Roasted Turkey Macaroni & Cheese Green Peas Peach Cobbler Wheat Roll <i>Vegetarian Option:</i> Macaroni & Cheese	Hashbrowns Scrambled Eggs Fresh Fruit Hamburger on bun Tater Tots Lettuce/tomatoes Pickle Spears Fresh Fruit <i>Vegetarian Option:</i> Veggie Burger	Assorted Cereal, Wheat Toast, Fresh Fruit <i>Happy Birthday</i>  Mini Corn Dogs Baked Beans Fresh Fruit <i>Vegetarian Option:</i> Spring Rolls
22	23	24	25	26
No School Winter Break <i>December 22 - January 2</i>	 No School Winter Break <i>December 22 - January 2</i>	No School Winter Break <i>December 22 - January 2</i>	All Meals are served with a variety of low fat milk.	 MyPyramid Get Right. Exercise. Have Fun.

Menu is subject to change due to availability.

<u>Lunch Schedule</u>
1st lunch-- 11:00-11:30 Kindergarten, 7 th , 8 th Grade
2nd lunch-- 11:40-12:10 2 nd & 6 th Grade
3rd Lunch-- 12:15-12:45 1 st Grade
4th Lunch-- 12:50-1:20 3 rd , 4 th & 5 th Grade

<u>Meal Prices</u>
Breakfast
Reduced: \$0.30
Full Pay: \$1.00
Visitor: \$2.00
Lunch
Reduced: \$0.40
Full pay: \$1.50
Visitor: \$3.50
Milk/Water \$0.50