













# Dec 2019

Cole Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Special News...</b> <b>More Info...</b> A wide assortment of Fresh Fruit and Vegetables are available daily. Low Fat, Flavored Fat Free milk is available. Daily: Pizza, Burgers Plain & Spicy Chicken Patty Sandwiches available. Menus are subject to change without notice.
<b>2</b> <b>Pasta &amp; Meat Sauce</b> Chicken Tender Basket Blueberry Parfait w/ Granola <b>Steamed Broccoli</b>	<b>3 TACO TUESDAY</b> <b>Crunchy Beet Taco</b> Meatball Parm Sib Blueberry Parfait w/ Granola <b>Black Beans &amp; Salsa</b>	<b>4</b> <b>Waffles w/ Scrambled Eggs</b> Boneless Wings Basket w/ Dipping Sauce Blueberry Parfait w/ Granola <b>Hashbrown Patty</b>	<b>5</b> <b>Beef Enchilada w/ Rice</b> Rib -A-Que Sub Blueberry Parfait w/ Granola <b>Sweet Corn</b>	<b>6</b> <b>Salisbury Steak w/ Gravy</b> Pierogis w/ Alfredo Sauce Blueberry Parfait w/ Granola <b>Mashed Potato</b>	
<b>9</b> <b>MAC &amp; CHEESE BAR</b> Philly Cheese Sub Popcorn Chicken Salad w/ Breadstick <b>Baby Carrots</b>	<b>10 TACO BAR</b> Krispy Crunch Chicken Basket Popcorn Chicken Salad w/ Breadstick <b>MexiCali Rice</b>	<b>11</b> <b>French Toast Sticks w/ Diced Ham</b> Buffalo/Ranch Chicken Wrap Popcorn Chicken Salad w/ Breadstick <b>Hashbrown Patty</b>	<b>12</b> <b>NACHO BAR</b> Boneless Buff A Que Chicken Basket Popcorn Chicken Salad w/ Breadstick <b>Baked Beans</b>	<b>13</b> <b>Pizza Sticks W/ Dipping Sauce</b> Country Chicken Bowl Popcorn Chicken Salad w/ Breadstick <b>Garden Salad</b>	
<b>16</b> <b>Shepherd's Pie w/ Dinner Roll</b> Meatball Calzone Turkey, Bacon & Avocado Wrap <b>Green Beans</b>	<b>17 FUEL!!!</b> <b>RAINBOW FIATBREAD</b> Build a Burrito Day Turkey, Bacon & Avocado Wrap <b>Steamed Broccoli</b>	<b>18</b> <b>BURGER BAR</b> Broccoli & Cheddar Flatbread Turkey, Bacon & Avocado Wrap <b>Side Salad</b>	<b>19 FUEL !!!</b> <b>RAINBOW FLATBREAD</b> Sweet & Sour Chicken w/ Rice Turkey, Bacon & Avocado Wrap <b>Caesar Side Salad</b>	<b>20</b> <b>Tomato Basil Soup w/ Grilled Cheese</b> Italian Calzone Turkey, Bacon & Avocado Wrap <b>Roasted Zucchini</b>	
<b>23</b>  <b>H</b>	<b>24</b>  <b>A</b>	<b>25</b>  <b>P</b>	<b>26</b>  <b>P</b>	<b>27</b>  <b>Y</b>	
<b>30</b>  <b>HO</b>	<b>31</b>  <b>LI</b>	<b>1</b>  <b>DA</b>	<b>2</b>  <b>YS</b>		

Prices: Lunch \$2.60 Reduced \$.40

Did you know, vegan burgers are served daily along with gluten free lunches, a limited amount are made daily but to guarantee a gluten free or vegan lunch please just stop by the kitchen in the morning and they will make sure your meal is ready at your lunch.

