




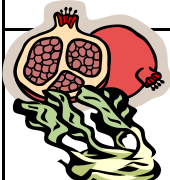



Washburn Elementary School Nutrition Program

December

December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Sloppy Joe	4 Chicken Fajita	5 Hamburger Gravy Roasted Cauliflower Mashed Potato Watergate Salad	6 Calzone Ceasar Salad	7 Potato Kohlrabi Soup Pomegranate Muffin	8 
9 	10 Ham & Cheese Empanada or Chicken & Cheese Honey Quinoa Salad	11 Pasta Bar Ceasar Salad Garlic Bread	12 Shredded Turkey Asian Slaw Wheat Bun	13 Baked Potato Bar	14 Pancake Sausage Pomegranate & Apple Salad	15 
16	17 Taco Bar Pomegranate - Mango Guacamole	18 Chicken Noodle Chex Party Mix	19 Tater Tot Hotdish Pomegranate Pear Crumble	20 Christmas Dinner Roasted Turkey, Mashed Potato Scalloped Corn	21 Elementary Concert Winter Solstice Picnic	22 
23	24	25	26	27	28	29
						
	<p><i>Harvest of the Month: December we will be featuring Brassic Vegetables & Pomegranates</i> <i>Brassic Veggies: Kale, cabbage, cauliflower, broccoli, brussels sprouts</i> <i>Look for many items marked with a Brassicas or Pomegranate</i></p>					
<p>All Meals Include: Wheat Bread Salad Bar: assortment of fresh fruits and vegetables, canned fruits and school made salads 1% White and Skim Chocolate Milk (we serve hormone free milk)</p>			<p>Middle & High Student Lunch Prices: Full: \$2.70 Reduced: \$.40 Elementary Lunch Prices: \$2.20 Adult: \$4.05</p>		<p>High School: 373-6188 ext 118 Patti Holman, Kirsten Pedersen & Lori Fibert Middle & Elementary School: 373-6199 ext 217 Jane Brevak, Rena Zifko & Diane Schillinger</p>	