

DECEMBER 2017

SPENCER VAN-ETTEN CENTRAL SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

4
FAJITA CHICKEN
PIZZA
TATER TOTS
FIELD GREEN SALADS
RANCH DRESSING
STRAWBERRY
CUPS

5
TACO TUESDAY!
SEASONED GROUND
BEEF SERVED IN A
CRISPY CORN SHELL
LOADED WITH
SHREDDED
LETTUCE, DICED FRESH
TOMATOS, LO FAT
CHEDDAR, SALSA

6
RIGGIES AND MEAT
SAUCE
(Rigatoni Pasta)
GARLIC TOASTED BREAD
WITH MELTED
MIOZARELLA CHEESE
STEAMED SPINACH

7
CHICKEN ALFREDO
CLASSIC ALFREDO
SAUCE BLENDED WITH
FRESH BROCCOLI AND
CHICKEN BREAST
FRESH FRUIT
SELECTIONS

8
ALL AMERICAN GRILLED
CHEESE ON TOASTED
WHOLE WHEAT BREAD
CAMPBELLS TOMATO
SOUP
SWEET POTATOS FRIES
APPLE SAUCE CUPS

11
SLOPPY JOE SANDWICH
SERVED ON A WHOLE
WHEAT ROLL
TATER TOTS
STEAMED GREEN BEANS
FRESH FRUIT CUPS

12
FAJITA CHICKEN
BONELESS CHICKEN
SERVED IN A FLOUR
TORTILLA LOADED WITH
LETTUCE, DICED
TOMATOS, LO FAT
CHEESE, SOURCREAM
AND SALSA
MEXICAN BEANS

13
BEEF STROGANOFF
MADE WITH SEASONED
GROUND BEEF SERVED
OVER BUTTERED EGG
NOODLES
STEAMED BUTTERED
CORN
FIELD GREENS, ITALIAN
DRESSING

14
PASTA WITH MARINARA
SAUCE
GARLIC TOASTED
BREAD WITH MELTED
MOZARELLA CHEESE
SEASONED GREEN
STEAMED BEANS

15
CHEESE PIZZA FRESH
MADE CRUST
STIR FRIED MEDLEY OF
FRESH VEGETABLES
SWEET POTATOE FRIES

18
CREAMED CHICKEN
SERVED OVER
STEAMED RICE
STEAMED PEAS
FRUIED JELL-O
WHOLE WHEAT ROLL
MARGARINE PAT

19
TURKEY SUBS
SLICED TURKEY
BREAST SERVED ON A
WHOLE WHEAT ROLL
SHREDDED
LETTUCE, SLICED
TOMATOS, DILL PICKLE
CHIPS
BAGGED SNACK

20
SHEPPARDS PIE
SEASONED GROUND
BEEF LAYED WITH
MASHED POTATOS AND
CORN, ASSORTED
VEGETABLE STICKS
WITH RANCH DRESSING
FOR DIPPING, APPLE
SAUCE

21
CHICKEN PATTY
SERVED ON A WHOLE
WHEAT ROLL
SHREDDED LETTUCE,
SLICED TOMATOS
TRI COLORED PASTA
SALAD
ASSORTMENT FRESH
FRUIT

22
BRUNCH LUNCH
SCRAMBLED EGGS
FRENCH TOAST STICKS
SAUSAGE
TATER TOTS
MAPLE SYRUP
STRAWBERRY CUPS

25
WINTER
RECESS

26
WINTER
RECESS

27
WINTER
RECESS

28
WINTER
RECESS

29
WINTER
RECESS

1
MACARONI
AND
CHEESE
STEWED TOMATOS
FRUITED
ORANGE JELL-O
HOMEMADE
OATMEAL BREAD
PAT OF MARGARINE

A La Carte

PB & Jelly
Fresh Salads w/variety of
condiments
Canned fruit in extra lite
syrup
100% whole grain enriched
bread & rolls
100% Fruit juice
Tue/Thur Elem/MS
High School every day
Skim and Fat Free Choc
Milk available daily
Assort cold cereals, Hot
cereal seasonally
Granola bars, breakfast
bars, graham crackers

School News

Breakfast Menu:
Mon: Cold Cereal
Tue: Breakfast on a stick
Wed: French Tst/Sausage
Thur: Breakfast Sandwich
Fri: Yogurt Parfaits

Pricing:
Breakfast all schools \$1.25
Lunch Elementary \$2.30
High & Middle \$2.55
Reduced \$.25
Adults \$ 4.25
Plus tax