



December 2018 Lunch Menu

Jenison International Academy



Your lunch includes: An entrée with protein and whole grains, one (1) vegetable side dish, one (1) fruit side dish, and a choice of milk.
 Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.
 Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>December 3</p> <p>Turkey & Cheese Sandwich on a Whole Grain Bun</p> <p>Baby Carrots</p> <p>Fresh Apple</p> <p>Choice of Milk</p>	<p>December 4</p>	<p>December 5</p> <p>Yogurt, Bagel, String Cheese</p> <p>Raisins</p> <p>Dragon Juice (vegetable juice)</p> <p>Choice of Milk</p>	<p>December 6</p> <p>Pizza Stacker: round flatbread, marinara sauce, mozzarella cheese, pepperoni</p> <p>Baby Carrots</p> <p>Fresh Apple</p>	<p>December 7</p>
<p>December 10</p> <p>Grilled Chicken Wrap with Cheddar Cheese and Romaine</p> <p>Raisins</p> <p>Dragon Juice (vegetable juice)</p> <p>Choice of Milk</p>	<p>December 11</p>	<p>December 12</p> <p>Taco Salad with Meat & Cheese</p> <p>Nacho Cheese Chips</p> <p>Grapes</p> <p>Choice of Milk</p>	<p>December 13</p> <p>Turkey & Cheese Sandwich on a Whole Grain Bun</p> <p>Baby Carrots</p> <p>Fresh Apple</p> <p>Choice of Milk</p>	<p>December 14</p>
<p>December 17</p> <p>Grilled Chicken Wrap with Cheddar Cheese and Romaine</p> <p>Raisins</p> <p>Dragon Juice (vegetable juice)</p> <p>Choice of Milk</p>	<p>December 18</p>	<p>December 19</p> <p>Taco Salad with Meat & Cheese</p> <p>Nacho Cheese Chips</p> <p>Grapes</p> <p>Choice of Milk</p>	<p>December 20</p> <p>Yogurt, Bagel, String Cheese</p> <p>Raisins</p> <p>Fresh Apple</p> <p>Choice of Milk</p>	<p>December 21</p>



Winter Break
December 22-January 6
School Resumes January 7



SNOW DAYS: We will serve the menu from the snow day on the day we return to school. A School Messenger email will be sent home to confirm any menu changes.



Questions? Comments?
 Email:
foodservice@hpseagles.net



or call Food Service at
 457-2400
 Mary Darnton, Food Service Director