







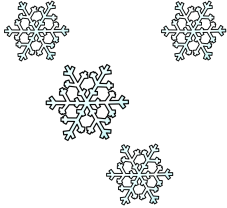
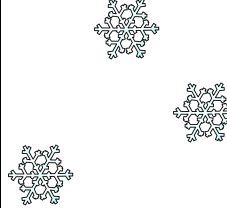
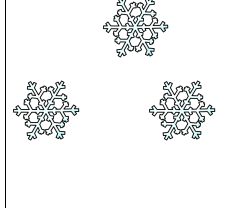
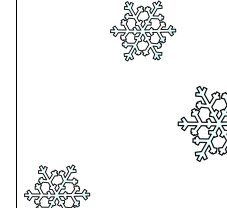


# Goochland Nutrition Program -December 2018 Elementary Menu

<p><b>3</b></p> <p style="text-align: center;"><b>Steakburger</b></p> <p>Crispy Chicken Sandwich/bun          Chef Salad/bread stick or roll          Yogurt/cheese stick/granola  <i>Choose Up To Two Veggies</i>          Sweet Potato Waffle Fries          Baked Beans  <i>Choose One Fruit</i>          Applesauce /100% Fruit Juice          Milk</p>	<p><b>4</b></p> <p style="text-align: center;"><b>Pepperoni Pizza</b></p> <p>Tempura Chicken Nuggets/roll          Chef Salad/ bread stick/roll          Yogurt/cheese stick/granola  <i>Choose Up To Two Veggies</i>          Steamed Green Beans          Steamed Carrots  <i>Choose One Fruit</i>          Pears /Peaches          Milk</p>	<p><b>5</b></p> <p style="text-align: center;"><b>Breakfast For Lunch</b></p> <p>Mini Eggo® French Toast/sausage          Popcorn Chicken/roll          Chef Salad/ bread stick/roll          Yogurt/string cheese/ granola  <i>Choose Up To Two Veggies</i>          Oven Roasted Potatoes          Fresh Kale  <i>Choose One Fruit</i>          Mandarin Oranges /100% Juice          Milk</p>	<p><b>6</b></p> <p style="text-align: center;"><b>Cherry Blossom Chicken/lo mein</b></p> <p>Corn Dog Minis          Chef Salad/bread stick/roll  <i>Choose Up To Two Veggies</i>          Steamed Cauliflower, Broccoli and Carrots          Steamed Corn  <i>Choose One Fruit</i>          Diced Pears /Pineapples          Milk</p>	<p><b>7</b></p> <p style="text-align: center;"><b>Beef Nuggets/fresh baked roll</b></p> <p>Turkey Hot Dog/Chili Sauce/bun          Chef Salad/ bread stick/roll          Yogurt/cheese stick/banana or zucchini bread  <i>Choose Up To Two Veggies</i>          Baked Potato Sticks          Steamed Broccoli  <i>Choose One Fruit</i>          Fresh Orange /100% Fruit Juice          Milk</p>	<p style="text-align: center;"><i>BREAKFAST</i>          Served Every Day          Bagel with cream cheese, Assorted Whole Grain Cereal &amp; Toast.          Includes Juice and Milk.  <b>DAILY BREAKFAST SPECIALS:</b>          Monday- Blueberry Mini Waffles or Chicken Biscuit          Tuesday –or Sausage Biscuit          Wednesday – Cinni-mini or Chicken Biscuit          Thursday – Pillsbury® Crescent or Sausage Biscuit          Friday – Bacon &amp; Egg Biscuit or Muffin</p> <p style="text-align: center;"><u>Meal Prices</u>  <b>Students:</b>          Breakfast \$1.30 Lunch \$2.85  <b>Adults:</b>          Breakfast \$1.85 Lunch \$4.00</p> <p>PRE-PAYMENT FOR MEALS ENCOURAGED TO SPEED SERVICE          FREE AND REDUCED APPLICATIONS ALWAYS AVAILABLE 556-5604</p> <p style="text-align: center;"><b>All of our cafeteria managers are certified in ServSafe®</b></p> <div style="text-align: center;">  <p><a href="http://www.MyPaymentsPlus.com">www.MyPaymentsPlus.com</a></p> </div> <p><b>You will need your student's ID led by a zero (0)</b></p> <p>Free registration gives you 24/7 access to:</p> <ul style="list-style-type: none"> <li>Student cafeteria balances and purchase history</li> <li>Prepayments for breakfast/lunch, with auto-pay capability</li> <li>Low balance e-mail reminders</li> </ul> <p style="text-align: center;"><i>HAVE A SAFE AND HAPPY HOLIDAY!</i></p> <div style="text-align: center;">  </div>
<p><b>10</b></p> <p style="text-align: center;"><b>Lasagna Roll-Up/breadstick</b></p> <p>Brookwood BBQ/bun          Chef Salad/ bread stick or roll  <i>Choose Up To Two Veggies</i>          Steamed Yellow Corn          Garden Salad  <i>Choose One Fruit</i>          Blueberries /Fresh Apple Slices          Milk</p>	<p><b>11</b></p> <p style="text-align: center;"><b>Nardone's Pepperoni or Cheese Pizza</b></p> <p>Chili made w/local Brookview Farm Beef          Chef Salad/ bread stick or roll  <i>Choose Up To Two Veggies</i>          Grape Tomatoes/ranch dip          Seasoned Green Beans  <i>Choose One Fruit</i>          Jello w/fruit or 100% Fruit Juice          Milk</p>	<p><b>12</b></p> <p style="text-align: center;"><b>Breakfast For Lunch</b></p> <p>French Toast Sticks w/sausage          Pizza Crunchers          Chef Salad/ bread stick or roll          Yogurt/cheese stick/granola  <i>Choose Up To Two Veggies</i>          Hash Brown Potatoes          Cucumber/Tomato salad  <i>Choose One Fruit</i>          Mandarin Oranges /Apples          Milk</p>	<p><b>13</b></p> <p style="text-align: center;"><b>Brookwood BBQ on a bun</b></p> <p>Mini Corn Dogs          Chef Salad/ bread stick/roll          Yogurt/string cheese/ granola  <i>Choose Up To Two Veggies</i>          Seasoned Potato Sticks          Steamed Broccoli          Baked Beans  <i>Choose One Fruit</i>          Assorted Fresh Fruit          Milk</p>	<p><b>14</b></p> <p style="text-align: center;"><b>Cheeseburger on a bun</b></p> <p>Popcorn Chicken/roll          Chef Salad/ bread stick/roll          Yogurt/string cheese/banana or zucchini bread  <i>Choose Up To Two Veggies</i>          Baked Fries          Steamed Carrots  <i>Choose One Fruit</i>          Cinnamon Applesauce          100 % Fruit Juice          Milk</p>	
<p><b>17</b></p> <p style="text-align: center;"><b>BBQ Honey Pork Patty/bun</b></p> <p>Turkey Corn Dog          Chef Salad/ bread stick or roll          Yogurt/string cheese/ granola  <i>Choose Up To Two Veggies</i>          Steamed Sweet Corn          Seasoned Greens  <i>Choose One Fruit</i>          Applesauce /100% Juice          Milk</p>	<p><b>18</b></p> <p style="text-align: center;"><b>Mama Rosa's Pepperoni Pizza</b></p> <p>Turkey &amp; Cheese Sub/lettuce &amp; tomato          Chef Salad/ bread stick/roll          Yogurt/string cheese/granola  <i>Choose Up To Two Veggies</i>          Steamed Green Beans          Steamed Carrots  <i>Choose One Fruit</i>          Mandarin Oranges /100% Juice          Milk</p>	<p><b>19</b></p> <p style="text-align: center;"><b>Breakfast For Lunch</b></p> <p>French Toast w/sausage          Maxstix w/marinara sauce          Chef Salad/ bread stick/roll          Yogurt/string cheese/ granola  <i>Choose Up To Two Veggies</i>          Fresh Carrots w/ranch dip          Oven Fried Potatoes  <i>Choose One Fruit</i>          Red Grapes /100% Juice          Milk</p>	<p><b>20</b></p> <p style="text-align: center;"><b>Grilled Cheese w/Tomato Soup</b></p> <p>Corn Dog Nuggets/fresh baked roll          Chef Salad/ bread stick or roll          Yogurt/cheese stick/granola  <i>Choose Up To Two Veggies</i>          Seasoned Potato Sticks          Steamed Green Beans  <i>Choose One Fruit</i>          Pears /100% Juice          Milk</p>	<p><b>21</b></p> <p style="text-align: center;"><b>Macaroni &amp; Cheese</b></p> <p>Tempura Chicken Nuggets/roll          Chef Salad/ bread stick/roll          Yogurt/cheese stick/banana or zucchini bread  <i>Choose Up To Two Veggies</i>          Sweet Potato Tots          Steamed Broccoli  <i>Choose One Fruit</i>          Fresh Orange/100% Fruit Juice &amp; Milk</p> <p style="text-align: center;"><i>HAPPY HOLIDAY ICE CREAM TREAT!</i></p>	
<p><b>24</b></p> <p style="text-align: center;"><b>WINTER BREAK</b></p>	<p><b>25</b></p> <p style="text-align: center;"><b>WINTER BREAK</b></p>	<p><b>26</b></p> <p style="text-align: center;"><b>WINTER BREAK</b></p>	<p><b>27</b></p> <p style="text-align: center;"><b>WINTER BREAK</b></p>	<p><b>28</b></p> <p style="text-align: center;"><b>WINTER BREAK</b></p>	
<p><b>31</b></p> <p style="text-align: center;"><b>WINTER BREAK</b></p>					

Got Milk? – Fat Free White and Flavored Milk Is included in every meal.  
 Lactose Free and Soy Milk available

## Goochland Nutrition Program -December 2018 Secondary Menu

<p><b>3</b></p> <p>Turkey Bacon Cheeseburger Ragin' Cajun Spicy Sausage on a bun Max Stix/marinara sauce Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Baked Fries Steamed Turnip Greens Fresh Carrots Red Grapes, 100% Fruit Juice</p>	<p><b>4</b></p> <p>Tempura Chicken Nuggets/freshly baked roll Pretzel Dog Taco Wrap Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Steamed Green Beans Carrots &amp; Grape Tomatoes/ranch dressing Fresh Apples and Pears Milk</p>	<p><b>5</b></p> <p><b>*Burrito Bowl Line</b> Buffalo Chicken Sandwich Cheeseburger Salad /bread stick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Baked Beans Baked French Fries Steamed Kale Applesauce or 100% Juice Milk</p>	<p><b>6</b></p> <p>Beef Nachos BBQ Pork Rib Sandwich Lasagna Roll-Ups/bread stick Salad /bread stick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Garden Salad Sweet Potato Fries Gala Apples Red Grapes Milk</p>	<p><b>7</b></p> <p>Steak Burger Macaroni &amp; Cheese Turkey Hot Dog/Chili Sauce/bun Chef Salad/ bread stick/roll Yogurt/cheese stick/banana or zucchini bread Choose Two Veg. &amp; Two Fruits Baked Potato Sticks Steamed Broccoli/Choose One Fruit Fresh Orange / 100% Fruit Juice Milk</p>	<p style="text-align: center;"><i>BREAKFAST</i> Served Every Day Bagel with cream cheese, Assorted Whole Grain Cereal &amp; Toast. Includes Juice and Milk. <b>DAILY BREAKFAST SPECIALS:</b> Monday- Blueberry Mini Waffles or Chicken Biscuit Tuesday -or Sausage Biscuit Wednesday – Cinni -mini or Chicken Biscuit Thursday – Pillsbury® Crescent or Sausage Biscuit Friday – Bacon &amp; Egg Biscuit or Muffin</p> <p style="text-align: center;"><b>Meal Prices</b> <b>Students:</b> Breakfast \$1.35 Lunch \$2.95 <b>Adults:</b> Breakfast \$1.85 Lunch \$4.00</p> <p>PRE-PAYMENT FOR MEALS ENCOURAGED TO SPEED SERVICE FREE AND REDUCED APPLCATIONS ALWAYS AVAILABLE 556-5604</p> <p style="text-align: center;"><b>All of our cafeteria managers are certified in ServSafe®</b></p> <div style="text-align: center;">  <p><a href="http://www.MyPaymentsPlus.com">www.MyPaymentsPlus.com</a></p> </div> <p><b>You will need your student's ID led by a zero (0)</b></p> <p>Free registration gives you 24/7 access to:</p> <ul style="list-style-type: none"> <li>Student cafeteria balances and purchase history</li> <li>Prepayments for breakfast/lunch, with auto-pay capability</li> <li>Low balance e-mail reminders</li> </ul> <p>HAVE A SAFE AND HAPPY HOLIDAY!</p> <div style="text-align: center;">  </div>
<p><b>10</b></p> <p>BBQ Rib Sandwich Turkey Corn Dog Pepperoni Pinwheel Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Lightly Buttered Corn Baked Fries Baby Carrots/ranch dip Fresh Apples, 100% Fruit Juice Milk</p>	<p><b>11</b></p> <p>Potato Crunch Fish Sandwich Steakburger w/cheese Spicy Chicken Sandwich Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Onion Rings Baked Beans Orange Glazed Fresh Carrots Pineapples, 100% Fruit Juice Milk</p>	<p><b>12</b></p> <p><b>*Sub Line</b> Popcorn Chicken/roll Country Fried Beefsteak Bites Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Baked Fries Stewed Tomatoes Fresh Kale Mandarin Oranges 100% Juice Milk</p>	<p><b>13</b></p> <p>Lasagna Roll-Up Mini Corn Dogs Chicken Nuggets Garlic Bread Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Side Salad Potato Sticks Grape Tomatoes/ranch dip Cinnamon Applesauce Milk</p>	<p><b>14</b></p> <p>Brookwood BBQ (slaw available) Maxstix/marinara sauce Grilled Chicken Sandwich Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Baked Fries Steamed Fresh Kale Green Beans Fruit Assortment, 100% Fruit Juice Milk</p>	
<p><b>17</b></p> <p>Chicken Parmesan/pasta BBQ on a bun Grilled Cheese Sandwich/Tomato Soup Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Potato Sticks Steamed Yellow Corn Steamed Fresh Broccoli Blueberries, Fresh Apple, Juice Milk</p>	<p><b>18</b></p> <p>Chicken Wings/roll Steakburger Ranch Chicken Wrap Salad /bread stick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Celery Sticks/ ranch dressing Steamed Carrots Seasoned Curly Fries Mandarin Oranges or 100% Juice Milk</p>	<p><b>19</b></p> <p><b>*Asian Bowl</b> Turkey Hot Dog/chili sauce Chicken Drumstick/roll Salad /breadstick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Steamed Broccoli Szechuan Green Beans Sidewinder Fries Fresh Apples, 100% Fruit Juice Milk</p>	<p><b>20</b></p> <p>Crispy Chicken Sandwich Mini Corn Dogs Steak &amp; Cheese Fajita Salad /bread stick Yogurt/string cheese/granola Choose Two Veg. &amp; Two Fruits Baby Carrots Curly Fries Steamed Sweet Corn Assorted Fresh Fruit Milk</p>	<p><b>21</b></p> <p>Fish Tenders/roll Popcorn Chicken/roll Meatball &amp; Mozzarella Wrap Salad /bread stick Yogurt/string cheese/banana or zucchini bread Choose Two Veg. &amp; Two Fruits Baked Sweet Potato Fries Steamed Cabbage Sliced Cucumbers/ranch dip Pears or 100% Juice Milk</p>	
<p><b>24</b></p> <p><b>WINTER BREAK</b></p>	<p><b>25</b></p> <p><b>WINTER BREAK</b></p>	<p><b>26</b></p> <p><b>WINTER BREAK</b></p>	<p><b>27</b></p> <p><b>WINTER BREAK</b></p>	<p><b>28</b></p> <p><b>WINTER BREAK</b></p>	
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