


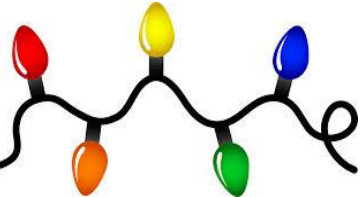




Clear Lake Elementary School Breakfast Menu ~ **December** 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you qualify for free lunch, breakfast is FREE! If you qualify for reduced lunch, breakfast is 30 cents. All other student breakfasts \$1.25.</p>		<p>Breakfast Served: 8:00 to 8:17 a.m. each school day Milk Choices served daily: White Skim, White 1%, & Chocolate Skim Juice Choices served daily: Apple, Grape, & Orange <i>Menu Subject to Change.</i> This institution is an equal opportunity provider.</p>	<p>1 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>	<p>1 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>4 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice</p>	<p>5 Breakfast Cereal Or Oatmeal Chocolate Chip "UBR" Fruit Juice Fruit Milk Choice</p>	<p>6 Breakfast Cereal & Nutri Grain Bar Or Ham & Cheese Bagel Fruit Fruit Juice Milk Choice</p>	<p>7 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p>8 Breakfast Cereal Or French Toast Sticks Cheese Omelet Fruit Juice Fruit Milk Choice</p>
<p>11 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>12 Breakfast Cereal and Yogurt Or Peanut Butter & Jelly "Uncrustable" Fruit Juice Fruit Milk Choice</p>	<p>13 Breakfast Cereal & Graham Crackers Or Pancake Sausage Stick With Syrup Fruit Juice Fruit Milk Choice</p>	<p>14 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice</p>	<p>15 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>
<p>18 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>19 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice</p>	<p>20 Breakfast Cereal & Cheese Stick Or Ham & Cheese Bagel Sandwich Fruit Juice Fruit Milk Choice</p>	<p>21 Breakfast Cereal Or Oatmeal Blueberry Or Chocolate Muffin Fruit Juice Fruit Milk Choice</p>	<p>22 Breakfast Cereal Or Donut Holes Yogurt Fruit Juice Fruit Milk Choice</p>
<p>25</p> 	<p>26</p> <p>Christmas Vacation</p>	<p>27</p> <p>Christmas Vacation</p>	<p>28</p> <p>Christmas Vacation</p>	<p>29</p> <p>Christmas Vacation</p>

Clear Lake Elementary School Lunch Menu ~ **December** 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adults are encouraged to join their students for lunch @ a cost of \$3.60 per meal. Please pay in the office.</p>		<p style="text-align: center;"><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u></p> <p style="text-align: center;">Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo. <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim Not all entrée options available for PK students. Menu subject to change This institution is an equal opportunity provider.</p>		<p>1 Hot Ham & Cheese Sandwich Or Warrior Burger French Fries Carrots With Dip Applesauce Blueberries Milk Choice</p>
<p>4 PB & J "Uncrustable" Or Goldfish & Cheese Stick Vegetables With Dip Yogurt Cup Crackers Chicken Noodle Soup Apples Milk Choice</p>	<p>5 "Brunch Lunch" Cheese Omelet Sausage Links Dragon Punch Hash brown Muffin Orange Smiles Milk Choice</p>	<p>6 Pizza Sticks Or Italian Flatbread Spaghetti Sauce Steamed Corn Garden Salad Bar Grapes Cookie Milk Choice</p>	<p>7 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Carrots With Dip Applesauce Milk Choice</p>	<p>8 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Mandarin Oranges Milk Choice</p>
<p>11 Cheese Quesadilla Or Taco in a Bag Fixings Refried Beans Grapes "Jonny Pop" Fruit Bar Milk Choice</p>	<p>12 Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Steamed Corn Applesauce Mixed Fruit Milk Choice</p>	<p>13 "Oodles of Noodles" With Meat Sauce Or Chicken Alfredo Breadstick Garden Salad Bar Sliced Pears Milk</p>	<p>14 Toasted Cheese Sandwich Or PB & J "Uncrustable" Tomato Soup Crackers Carrots & Broccoli/Dip Strawberries Frozen Yogurt Milk</p>	<p>15 Barbeque Riblet Or Chicken Patty on a Bun Potato Smiles Or Au Gratin Potatoes Green Beans Peaches Milk Choice</p>
<p>18 Chicken Chow Mein Or Popcorn Chicken Chow Mein Noodles Green Beans Rice Carrots/Dip Pineapple Fortune Cookie Milk</p>	<p>19 Warrior Burger Or Macaroni & Cheese French Fries Baked Beans Applesauce Blueberries Milk Choice</p>	<p>20 Pepperoni Pizza Or Cheese Ravioli and Breadstick Garden Salad Bar Sliced Apples Slushie Fruit Cup Milk Choice</p>	<p>21 Mini Corn Dogs Or Peanut Butter Sandwich Potato Wedges Steamed Broccoli Cheese Sauce Peaches Milk Choice</p>	<p>22 Ham & Cheese Sub Or PB & J "Uncrustable" Fresh Vegetables Chips Craisins Mandarin Oranges Milk Choice</p>
<p>25</p> 	<p>26</p> <p>Christmas Vacation</p>	<p>27</p> <p>Christmas Vacation</p>	<p>28</p> <p>Christmas Vacation</p>	<p>29</p> <p>Christmas Vacation</p>

Clear Lake High School Breakfast Menu ~ **December** 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you qualify for free lunch, breakfast is FREE! If you qualify for reduced lunch, breakfast is 30 cents. All other student breakfasts \$1.35.</p>		<p><u>Build a Healthy Breakfast!</u> May select 1 fruit juice, 1 milk, and a ½ cup serving of fruit. May select 2 Entrée Options (* items count as 2). Entrée Options in blue may be doubled to count as your 2 items. Milk Options: White 1%, White Skim, & Chocolate Skim Juice Options: Apple, Grape, & Orange Menu Subject to Change</p>	<p>1 <u>Entrée Options</u> Cereal Cheese Omelet Yogurt Parfait Cinnamon Roll Blueberry Lemon Bites Cereal Bar</p>	<p>1 <u>Entrée Options</u> Cereal Cheese Omelet Yogurt Parfait Cinnamon Roll Blueberry Lemon Bites Cereal Bar</p>
<p>4 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Pop Tart Sausage Pizza Banana Bread*</p>	<p>5 <u>Entrée Options</u> Cereal Oatmeal Cream Cheese Bagel Mini Cinni Muffin Yogurt</p>	<p>6 <u>Entrée Options</u> Cereal Muffin Cheese Stick Pop Tart Cereal Bar Ham & Cheese Sandwich*</p>	<p>7 <u>Entrée Options</u> Cereal Cheese Omelet Nutri Grain Bar Muffin French Toast Sticks Blueberry Lemon Bites</p>	<p>8 <u>Entrée Options</u> Cereal Yogurt Cereal Bar “Gripz” Graham Crackers Donut Holes Sausage Links</p>
<p>11 <u>Entrée Options</u> Cereal Cereal Bar Sausage Links Nutri Grain Bar Chocolate Chip “UBR” Banana Bread*</p>	<p>12 <u>Entrée Options</u> Cereal Yogurt Blueberry Lemon Bites Muffin Little John Donut Scrambled Eggs</p>	<p>13 <u>Entrée Options</u> Cereal Zee Zee Bar Cereal Bar “Gripz” Graham Crackers Canadian Bacon, Egg, and Cheese Sandwich* Muffin</p>	<p>14 <u>Entrée Options</u> Cereal Cheese Omelet Nutri Grain Bar Muffin Pancakes Yogurt Parfait</p>	<p>15 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Cinnamon Roll Sausage Links Pop Tart</p>
<p>18 <u>Entrée Options</u> Cereal Hard Cooked Egg Yogurt Muffin Pop Tart Donut Holes</p>	<p>19 <u>Entrée Options</u> Cereal Smoothie Yogurt Muffin French Toast Sticks Sausage Links</p>	<p>20 <u>Entrée Options</u> Cereal “Gripz” Graham Crackers Muffin Yogurt Bagel With Jelly Ham & Cheese Sandwich*</p>	<p>21 <u>Entrée Options</u> Cereal Sausage Links Cereal Bar Muffin Yogurt PB & J “Un crustable” Blueberry Lemon Bites</p>	<p>22 <u>Entrée Options</u> Cheese Stick Cereal “Gripz” Graham Crackers Cinnamon Roll Cheese Omelet Nutri Grain Bar</p>
<p>25</p> 	<p>26</p> <p style="font-size: 1.2em;">Christmas Vacation</p>	<p>27</p> <p style="font-size: 1.2em;">Christmas Vacation</p>	<p>28</p> <p style="font-size: 1.2em;">Christmas Vacation</p>	<p>29</p> <p style="font-size: 1.2em;">Christmas Vacation</p>

Clear Lake High School Lunch Menu ~ **December** 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>A la Carte Options:</u> Extra Entrée \$1.75 Best Maid Wellness Cookie, Baked Chips, Or Snack \$0.85 Milk \$0.30</p>		<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u> Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo. <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim This institution is an equal opportunity provider. <i>Menu Subject to Change</i></p>		<p>1 Hot Ham & Cheese Sandwich Or Warrior Burger Potato Wedges/Cheese Sauce Steamed Broccoli Mandarin Oranges Strawberries Milk</p>
<p>4 Garlic Cheese French Bread Or Peanut Butter Sandwich Chicken Noodle Soup Vegetables With Dip Marinara Sauce Applesauce Crackers Sliced Peaches Milk</p>	<p>5 Chicken Philly, Turkey & Cheese, Or Barbeque Chicken Sub Fresh & Roasted Vegetables Oriental Slaw Craisins Mandarin Oranges Chips Milk Choice</p>	<p>6 Pizza Sticks Or Italian Flatbread Or BBQ Pork Sandwich Steamed Corn Garden Salad Apples Cookie Mixed Fruit Milk Choice</p>	<p>7 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Milk Carrots With Dip Grapes Strawberries</p>	<p>8 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Pineapple Blueberries Juice Milk Choice</p>
<p>11 Deluxe Nachos Or Quesadilla Fixings Refried Beans Mandarin Oranges "Jonny Pop" Fruit Bar Fruit Juice Milk Choice</p>	<p>12 Chicken Nuggets Or Salisbury Steak Mashed Potatoes/Gravy Dinner Roll Milk Sweet Potato Soufflé Applesauce Blueberries</p>	<p>13 Penne Pasta With Meat Sauce Or Chicken Alfredo Breadstick Caesar Salad Steamed Broccoli Apples Milk Slushie Fruit Cup</p>	<p>14 Toasted Cheese Sandwich Or PB & J "Uncrustable" Or Oriental Chicken Salad Tomato Soup Crackers Vegetables/Dip Milk Strawberries Mandarin Oranges</p>	<p>15 Barbeque Riblet Or Chicken Patty on a Bun Baby Red Potatoes Green Beans Mixed Fruit Grapes Milk Choice</p>
<p>18 Chicken Chow Mein Or Boneless Chicken Wings Chow Mein Noodles Rice Green Beans Carrots/Dip Applesauce Sliced Peaches Fortune Cookie Milk Choice</p>	<p>19 Warrior Burger Or Pulled Pork Sandwich French Fries Baked Beans Mandarin Oranges Pineapple Milk Choice</p>	<p>20 Pepperoni Pizza Or Cheese Ravioli & Breadstick Steamed Corn Garden Salad Bar Apples Sliced Pears Milk Choice</p>	<p>21 "Brunch Lunch" Cheese Omelet Donut Sausage Links Hash browns Salsa Orange Wedges Milk Choice Juice (Grilled Chicken Salad Option)</p>	<p>22 Ham & Cheese Or Grilled Chicken Sub Fresh Vegetables Tangy Broccoli Salad Chips Craisins Strawberries Milk Choice</p>
<p>25</p> 	<p>26</p> <p style="text-align: center;">Christmas Vacation</p>	<p>27</p> <p style="text-align: center;">Christmas Vacation</p>	<p>28</p> <p style="text-align: center;">Christmas Vacation</p>	<p>29</p> <p style="text-align: center;">Christmas Vacation</p>

