

North Lakes

MENU

December 2009

→→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Reduced - \$.40, Adult - \$3.50


SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, **OR** Oriental (1/2 cup = 15 calories, 3 g carbohydrate, 1 g protein)
Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb, 1 g pro)

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Dec	2-Dec	3-Dec	4-Dec
	Philly Cheesesteak Potato Wedges Salad, Veggies, Fruit, Milk	Chicken Stir-Fry Asian Rice Salad, Veggies, Fruit, Milk	Swedish Meatballs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk	Multi-cheese Pita Melt Soft Breadstick Salad, Veggies, Fruit, Milk
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec
Spaghetti w/Meat Sauce Garlic Toast Salad, Veggies, Fruit, Milk	Chicken Quesadilla Spanish Rice Salad, Veggies, Fruit, Milk	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk	Teriyaki Chicken Legs Roasted Potatoes & Roll Salad, Veggies, Fruit, Milk	Beef Stroganoff w/Egg Noodles Salad, Veggies, Fruit, Milk
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec
Chicken Fajita Latin Rice Pilaf Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	BBQ Chicken Sandwich Potato Wedges Salad, Veggies, Fruit, Milk	Beef & Cheese Nachos Mexican Rice Salad, Veggies, Fruit, Milk	Roast Turkey Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk
December 21 to January 1				
WINTER BREAK				

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other products.

QUESTIONS?

CONTACT THE SCHOOL OFFICE @ 651-982-2773 or

DONE RIGHT FOOD @ 651-702-5998 or

www.donerightfood.com

Done Right Food

School & Event Catering Services



OUR DONE RIGHT FOOD COMMITMENT --- HEALTHY FOOD, HEALTHY MESSAGE

Done Right Food Services follows our own *Healthy Menu Guidelines* when planning menus that offer fresh, nutritious, delicious food for students at school. Menus are aligned with the Dietary Guidelines for Americans, health education curriculum, and school wellness policies. Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served every day in school. Check out our website at www.donerightfood.com for a copy of our *DRF Healthy Menu Guidelines* and other information.