

LUNCH DECEMBER 2011

St. Mary * HOME OF THE CARDINALS*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>MERRY CHRISTMAS, CARDINALS!!!!!!!</p> <ul style="list-style-type: none"> 22-30 NO SCHOOL~ CHRISTMAS BREAK Call 428-3450 by 9 AM 1 day prior to join us for lunch 		<p>Chicken Gravy 1</p> <p>Buttermilk Biscuit</p> <p>Green Beans</p> <p>Fruit</p>	<p>Breakfast Wrap 2</p> <p>Sausage links</p> <p>Fruit</p> <p>Salsa</p> <p>Homemade Bread</p> <p>Butter</p>
<p>Crispitos 5</p> <p>Cheese sauce</p> <p>Fruit~ Corn</p> <p>Sour cream & Salsa</p> <p>Homemade Bread</p> <p>Butter</p>	<p>Chicken Nuggets 6</p> <p>Mashed taters</p> <p>Gravy</p> <p>K-M-BBQ</p> <p>Fruit</p> <p>Homemade bread/butter</p>	<p>Sloppy Joe 7</p> <p>Homemade Bun</p> <p>Cheese slice</p> <p>Pickles</p> <p>Au Gratin taters</p> <p>Fruit</p>	<p>Chicken noodle soup 8</p> <p>Crackers</p> <p>Fruit</p> <p>Egg salad</p> <p>Homemade bread</p> <p>butter</p>	<p>Hamburgers 9</p> <p>Homemade bun</p> <p>French Fries</p> <p>Fruit</p> <p>Cheese slice</p> <p>K-M-Pickles</p>
<p>Salisbury Steak 12</p> <p>Mashed taters</p> <p>Gravy</p> <p>Fruit</p> <p>Homemade Bread</p> <p>Butter</p>	<p>Mini Pizza Bagels 13</p> <p>Corn</p> <p>Fruit</p> <p>Jell-o</p>	<p>Breaded Chicken Patty 14</p> <p>Homemade Bun</p> <p>Fries</p> <p>Fruit</p> <p>K-BBQ-Mayo-pickle</p>	<p>Quesadillas 15</p> <p>Corn</p> <p>Fruit</p> <p>Homemade Bread</p> <p>Butter</p>	<p>Hot Ham & Cheese 16</p> <p>Homemade Bun</p> <p>Baked tater</p> <p>Fruit</p> <p>Shred Cheese/ Sour cream</p> <p>Butter/K-M-pickles</p>
<p>Chili 19</p> <p>Crackers</p> <p>Shredded Cheese</p> <p>Corn chips</p> <p>Fruit</p> <p>Homemade Bread/ Butter</p>	<p>French Toast 20</p> <p>Sausage links</p> <p>Syrup</p> <p>Fruit</p> <p>Butter</p>	<p>Turkey Gravy 21</p> <p>Buttermilk Biscuits</p> <p>Green Beans</p> <p>Fruit</p> <p>Pumpkin Dessert for BIRTHDAY LUNCH</p>	<p>NO SCHOOL 22</p> <p>CHRISTMAS BREAK</p>	<p>NO SCHOOL 23</p> <p>CHRISTMAS BREAK</p>
<p>NO SCHOOL 26</p> <p>CHRISTMAS BREAK</p>	<p>NO SCHOOL 27</p> <p>CHRISTMAS BREAK</p>	<p>NO SCHOOL 28</p> <p>CHRISTMAS BREAK</p>	<p>NO SCHOOL 29</p> <p>CHRISTMAS BREAK</p>	<p>NO SCHOOL 30</p> <p>CHRISTMAS BREAK</p>

NUTRITION TIP: Lactose Intolerance

- About 1 in 4 Americans is lactose intolerant.¹
- Yogurt contains live and active cultures to help break down lactose in dairy.
- The American Academy of pediatrics recommend yogurt as a dairy product for children with lactose intolerance.²

- Salad bar includes, lettuce, carrots, cottage cheese, cucumbers, yogurt, diced egg, peas, celery, peppers, and onion, French & ranch dressing & croutons
- Menu subject to change.. 1%, skim & skim choc. milk daily