

**EVSC ELEMENTARY, K-6 and K-8 PORTION CONTROL MENU  
DECEMBER, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Rib Sandwich Seasoned Potato Wedges Cauliflower w/Cheese Mandarin Oranges	4 Breakfast for Lunch French Toast Sticks/ Syrup Sausage Patties Breakfast Sandwich Tater Tots Mini Carrots/Dip Applesauce	5 Chicken Bites (Roll-Gr. 6-8 ONLY) Mashed Potatoes w/Gravy Edamame Succotash Fresh Fruit	6 Cheese Pizza Crispy Chicken Salad/ Croutons Golden Corn Mixed Green Salad/Dressing Chilled Peaches	7 Walking Taco Chicken & Cheese Quesadilla/Chips /Salsa Fiesta Black Beans Shredded Lettuce & Tomato Salad/Dressing Mixed Fruit Salad
1 2.89oz Recipe	4 / 1 2 Recipe	10 MS -1	1 Recipe/ Recipe 1C/1	Elem - Re MS - Rec Rec/1oz 1/4C 1C/1
0 Hamburger/Cheeseburger Colossal Crinkle Potatoes Baked Beans Tropical Fruit Salad	11 Pasta w/ Meat Sauce/Breadstick Golden Corn Mixed Green Salad/Dressing Chilled Peaches TRY IT TUESDAY	12 Chicken Drumstick/Roll Mashed Potatoes w/Gravy Glazed Carrots Berry Fruit Salad	13 Pepperoni Pizza Turkey & Cheese Wrap Baby Bakers California Blend Veggies Fresh Fruit	14 Fish Sticks / Mac & Cheese Mac & Cheese / Breadstick Seasoned Green Beans Veggies w/Dip Frozen Juice Cup
1 sl. Recipe	1C/1	1/1	1 Recipe 5	3 / 3oz 6oz / 1 1
7 Tom Dog Tater Tots Broccoli w/Cheese Sauce Mandarin Oranges	18 Taco Chips/Salsa Grilled Cheese Sandwich Refried Beans Shredded Lettuce & Tomato Salad/Dressing Chilled Peaches	19 Sack Attack Turkey & Cheese on Bun Uncrustable/String Cheese Chips Dragon Punch Fresh Fruit	20 NO SCHOOL CHRISTMAS BREAK	21 NO SCHOOL CHRISTMAS BREAK
1 Recipe	1oz / 1/4 C 1 1C/1	Recipe 1/1 1 Pkg 1	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK
4 NO SCHOOL CHRISTMAS BREAK	25 NO SCHOOL CHRISTMAS BREAK	26 NO SCHOOL CHRISTMAS BREAK	27 NO SCHOOL CHRISTMAS BREAK	28 NO SCHOOL CHRISTMAS BREAK
1 NO SCHOOL CHRISTMAS BREAK	1 NO SCHOOL CHRISTMAS BREAK	2 NO SCHOOL CHRISTMAS BREAK	3 Pepperoni Pizza Ranchero Pizza Potato Smiles Seasoned Green Beans Chilled Pears	4 Asian Chicken/Rice Burrito/Salsa Sweet Potato Fries Garden Peas Chilled Pineapple
3 / 1/2 C 1 / 1/4 C				

**NOTE:** A choice of 8 oz. Fat-Free Chocolate or 8 oz. 1% unflavored milk is offered daily.

**Monday:** Peanut Butter Sandwich (K-5); Peanut Butter Sandwich/Cheese Stick (Grades 6-8)  
**Wednesday:** Yogurt/Peanut Butter Graham Bar.

**Fruit/Vegetable Portions** 1/2 cup and "over" potato portions are 2.5 oz. unless otherwise noted. Mashed potatoes are 1/2 cup with 1 oz. gravy.  
**Dressing portion with salads and relishes is one packet. Leafy salads are 1 cup. Dried fruit is 1/4 cup.**

**E=Elementary Portion and M=Middle Portion**