



Mount Prospect Lunch Menu

December 2018

3
Mini Pancakes* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice*
Hash Brown
Raisins

4
Penne Alfredo with Chicken (GD) OR Charro Black Beans over WG Rice*
Roasted Carrots
Fresh Grapes

5
Chicken Nuggets (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice*
Sweet Potato Tots
Fresh Banana

6
Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G) OR BBQ Black Beans over WG Rice*
Fresh Tomato Wedges
Fresh Orange

7
Pizza Sticks* (GD) with Marinara Sauce OR Charro Beans over WG Rice*
Fresh Cucumber Slices
Mandarin Oranges

10
Mini Berry French Toast* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice*
Tater Tots
Apple Sauce

11
Sweet and Sour Chicken (G) over Whole Grain Rice OR Charro Black Beans over WG Rice*
Fresh Red Pepper Strips
Fresh Pear

12 **Ace Giveaway Day**
Cheese* or Chicken Quesadilla (GD) OR Kickin' Pinto Beans over WG Rice*
French Fries
Diced Peaches

13
Cheesy Baked Penne* (GD) OR BBQ Black Beans over WG Rice*
Fresh Broccoli
Pineapple Tidbits

14
Mozzarella Sticks* (GD) with Marinara Sauce OR Charro Beans over WG Rice*
Steamed Corn
Apricot Halves

17
Egg Fried Rice (GE) OR Campfire Beans over WG Rice*
Fresh Baby Carrots
Apricot Halves

18
Chicken Parm (GD) over Spaghetti (G) OR Charro Black Beans over WG Rice*
Red Pepper Strips
Diced Pears

19
Chicken Tenders (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice*
Fresh Zucchini Slices
Fresh Apple

20
Bacon Egg and Cheese Biscuit (GED) OR BBQ Black Beans over WG Rice*
French Fries
Applesauce

21
½ Day No Lunches Served

24
Schools Closed
Winter Recess

25
Schools Closed
Winter Recess

26
Schools Closed
Winter Recess

27
Schools Closed
Winter Recess

28
Schools Closed
Winter Recess

31
Schools Closed
Winter Recess

Allergen Key
G – Gluten
E – Egg
D – Dairy
Vegetarian Options

More info...Meatless Mondays!!

Lunch Price \$2.60
Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz juice **or** 8 oz. water.

Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.
For all lunch related information Visit:
<http://bernards schooldish.com>