

Menus for December 2018
Homer-Center High School

This institution is an equal opportunity provider. Menus are subject to change.

NUTRITION TO GO

The widespread use of chocolate in everything from drinks to candies to other confections makes it one of our most versatile and popular flavorings. Over the years, chocolate has been both praised and criticized regarding its healthfulness. Just remember: chocolate, like most treats, is a food best enjoyed in moderation.

A QUICK BITE FOR PARENTS

COLD ≠ COLD.

Cold weather doesn't cause colds - viruses do! Same with the flu. Kids (and adults) should always dress appropriately outdoors for comfort and to avoid frostbite. But if you don't want to get sick, you should wash your hands!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

STRANGE BUT TRUE!

BIG BIRD, MOVE OVER! THE BIGGEST BIRD THAT EVER EXISTED ON EARTH WAS **TEN FEET TALL AND WEIGHED HALF A TON!** THIS MONSTER, KNOWN AS **THE ELEPHANT BIRD**, WAS FLIGHTLESS, NEARLY BLIND, AND **ONLY CAME OUT AT NIGHT.** IT PROWLED THE TROPICAL RAINFORESTS OF MADAGASCAR, A REMOTE ISLAND OFF THE COAST OF AFRICA. **AND IT DIDN'T JUST LIVE IN DINOSAUR DAYS** - THE ELEPHANT BIRD MAY STILL HAVE BEEN STOMPING AROUND **JUST 500 YEARS AGO!**



Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
<p>Breakfast Berry French Toast Minis Sausage Patty-Pineapple</p> <p>Lunch Meat Ball Sub w/wo Cheese Steamed Broccoli Buttered Noodles Mixed Fruit Mandarin Oranges</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Ham & Cheese Bagel Mandarin Oranges</p> <p>Lunch Sloppy Tots Fresh Baby Carrots Fresh Red Grapes Chilled Peaches Double Chocolate Cookie</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Chocolate Chip Muffin Top Applesauce</p> <p>Lunch Oven Roasted Turkey Seasoned Green Beans Whipped Potatoes Dinner Roll Fresh Apple Mixed Fruit</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Sausage Breakfast Pizza Peaches</p> <p>Lunch Hamburger w/wo Cheese Oven Fries Hobo Beans Chilled Peaches Warm Spiced Apples Mini Rice Krispie Treat</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Breakfast Donut Pears</p> <p>Lunch French Toast Sticks Sausage Links Roasted Potatoes Assorted Fruit Juice Pineapple Tidbits</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
<p>Breakfast Pancake & Sausage Stick Mixed Fruit</p> <p>Lunch Italian Panini Sandwich Lettuce & Tomato Cheesy Potatoes Black Bean Salsa w/wo Chips Chilled Pears Applesauce</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Chocolate Croissant Pineapple</p> <p>Lunch Pulled Pork Nachos Lettuce & Tomato Fresh Veggie Cup Chilled Peaches Strawberries Candy Cookie</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Bacon & Cheese Bagel Mandarin Oranges</p> <p>Lunch Buffalo Chicken Wrap Baked Potato Broccoli w/wo Cheese Sauce Dinner Roll Mixed Fruit Pineapple Tidbits</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Blueberry Crumb Cake Strawberries</p> <p>Lunch Walking Taco Lettuce & Tomato Tater Tots Corn on the Cob Diced Pears Chilled Peaches</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>	<p>Breakfast Sausage Breakfast Pizza Applesauce</p> <p>Lunch Shrimp Poppers w/wo String Cheese Sweet Potato Fries Seasoned Green Beans Chilled Pears Scooby Doo Crackers</p> <p>Alternate Entrees Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad</p>