

December 2020

Home-Duanesburg- What's For Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Breakfast Choices</p> <p><i>Sandwich</i> <i>Protein 3oz.</i> <i>WG Bread 2oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>2 Breakfast Choices</p> <p><i>Italian Dunkers</i> <i>2 WW Bread Stick</i> <i>2 RF Mozz. Sticks</i> <i>1 Cup Veggie Variety</i> <i>R/O Sauce 2.oz</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>3 Breakfast Choices</p> <p><i>Sub Sandwich</i> <i>WW Roll 2 oz.</i> <i>Mixed Meat 2.5 oz.</i> <i>Cheese .5 oz.</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>4 Breakfast Choices</p> <p><i>WG/RF Cheese Pizza 2 oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>
<p>7 Breakfast Choices</p> <p><i>6 WG Chicken Nuggets 2 oz.</i> <i>WW Roll 1.18 oz.</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>8 Breakfast Choices</p> <p><i>Sandwich</i> <i>Protein 3oz.</i> <i>WG Bread 2oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>9 Breakfast Choices</p> <p><i>Italian Dunkers</i> <i>2 WW Bread Stick</i> <i>2 RF Mozz. Sticks</i> <i>1 Cup Veggie Variety</i> <i>R/O Sauce 2.oz</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>10 Breakfast Choices</p> <p><i>Sub Sandwich</i> <i>WW Roll 2 oz.</i> <i>Mixed Meat 2.5 oz.</i> <i>Cheese .5 oz.</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>11 Breakfast Choices</p> <p><i>WG/RF Cheese Pizza 2 oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>
<p>14 Breakfast Choices</p> <p><i>Brunch For Lunch</i> <i>4WG French Toast Sticks 2oz.</i> <i>Sausage Patty 1.2 oz.</i> <i>Syrup</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>15 Breakfast Choices</p> <p><i>Sandwich</i> <i>Protein 3oz.</i> <i>WG Bread 2oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>16 Breakfast Choices</p> <p><i>Taco Salad</i> <i>RS Tortilla Chips</i> <i>Meat Sauce 3 oz.</i> <i>Cheese .5 oz.</i> <i>1/4 cup WG Rice</i> <i>1 cup Veggie</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>17 Breakfast Choices</p> <p><i>Sub Sandwich</i> <i>WW Roll 2 oz.</i> <i>Mixed Meat 2.5 oz.</i> <i>Cheese .5 oz.</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>18 Breakfast Choices</p> <p><i>WG/RF Cheese Pizza 2 oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>
<p>21 Breakfast Choices</p> <p><i>Beef Burger 2 oz.</i> <i>Cheese .5 oz. or</i> <i>WW Roll 2.oz</i> <i>1 cup Veggie</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>22 Breakfast Choices</p> <p><i>WG Chicken Patty 2 oz.</i> <i>WW Roll 1.89 oz.</i> <i>1 cup Veggie</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p>23 Breakfast Choices</p> <p><i>WG/RF Cheese Pizza 2 oz</i> <i>1 Cup Veggie Variety</i> <i>1 cup Fresh Fruit or Fruit Variety</i></p>	<p><i>No School</i></p>	
	<p>Holiday Recess</p>		<p>M/ma=Meat/ Meat Alternative WG=Whole Grain WW=Whole Wheat RF=Reduced Fat FF=Fat Free RS=Reduced Sodium R/O=Red/Orange Veggie G=Dark Green Veggie B/P=Beans/Peas S=Starchy O=Other</p>	<p>Duanesburg CSD 133 School Drive Delanson, NY 12053 www.duanesburg.org ES-518-895-2580 JR/SR HS-518-895-3000 CO-518-895-2279</p>

