



FEED YOUR MOOD.



During December, the Wethersfield cafeteria team will launch the seven week Mood Boost program with an interactive event where students can taste new menu items that can help them understand how healthy foods and nutrients can positively impact their well being.

**Corpus Christi DECEMBER**



**\*\*\* REMINDER BREAKFAST SERVED DAILY!\*\*\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1: Cereal Fun Lunch</b>				
<b>2-Dec</b>	<b>3-Dec</b>	<b>4-Dec</b>	<b>5-Dec</b>	<b>6-Dec</b>
Turkey Corn Dogs	Whole Grain Chicken Nuggets	Bacon Cheddar Burger or Cheese Burger/Hamburger	Chicken Patty Sandwich	Classic Cheese Pizza
<b>Herb Roasted Potatoes</b>	Mixed Vegetables	Oven Fries		Classic Pepperoni Pizza
Whole Grain Biscuit	Whole Grain Biscuit		Seasoned Carrots	Colorful Tossed Salad
<b>Week 2: Pretzel Fun Lunch</b>				
<b>9-Dec</b>	<b>10-Dec</b>	<b>11-Dec</b>	<b>12-Dec</b>	<b>13-Dec</b>
Italian Meatball Sub	Whole Grain Chicken Nuggets	French Toast Sticks	Chicken Quesadillas	Classic Cheese Pizza
	Seasoned Carrots	Turkey Sausage	Tomato Salsa	Classic Pepperoni Pizza
Fresh Green Beans	Whole Grain Biscuit	<b>Mini Hash browns</b>	<b>Cilantro Lime Coleslaw</b>	<b>Colorful Tossed Salad</b>
<b>Week 3: Egg and Cheese Sandwich Fun Lunch</b>				
<b>16-Dec</b>	<b>17-Dec</b>	<b>18-Dec</b>	<b>19-Dec</b>	<b>20-Dec</b>
Asian Orange Chicken	Whole Grain Chicken Nuggets	Beef Nachos	Mac and Cheese	1/2 DAY
Brown Rice	Mashed Potatoes	Salsa	Steamed Broccoli	No Meal Service
<b>Seasoned Broccoli</b>	Whole Grain Biscuit	Seasoned Corn	<b>Bread Stick</b>	
<b>Fruit and Vegetable Bar (Available Daily)</b>				
<b>Fresh whole Fruit</b>	<b>Fresh whole Fruit</b>	<b>Fresh whole Fruit</b>	<b>Fresh whole Fruit</b>	<b>Fresh whole Fruit</b>
Chilled Fruit salad	Chilled Fruit salad	Chilled Fruit salad	Chilled Fruit salad	Chilled Fruit salad
Carrot Sticks	Celery Sticks	Fresh Broccoli Florets	Corn & Black Bean Salsa	Red Pepper Slices
Sweet Corn Salad	Chick Peas	Fresh Baby Carrots	Sliced Cucumbers	Power Peas
Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad
<b>Daily Alternate Meals</b>				
PB&J	PB&J	PB&J	PB&J	PB&J
2-Turkey and Cheese on Wheat	2- Chef Salad w/ Bread Stick	2- Crispy Chicken Caesar Salad Wrap	2-Turkey and Cheese Wrap	2-Mixed Green Salad w/ Cheese and Bread Stick

ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

Please contact me with any questions, comments or concerns.

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