







Questions about  
Nutrition Services please call:  
303-853-7929

# December 2018

**Breakfast**   **Lunch**

**LAHS**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Mini French Toast, Cereal, Juice, Fruit Cup, Milk <b>Oven- Roasted Drumstick w/Mashed Potato, Gravy, Biscuit</b>	<b>4</b> Breakfast Burrito, Cereal, Juice, Sliced Apples, Milk <b>Pasta Bake w/BreadStick</b>	<b>5</b> Breakfast Bread, Cereal, Juice, Banana, Milk <b>Chicken &amp; Waffles</b>	<b>6</b> Yogurt Parfait, Cereal, Assorted Fruit, Milk <b>Meatball Sub w/ Tots</b>	<b>7</b> Breakfast Pizza, Cereal, Apple Slices, Banana, Milk <b>Open Faced Burger w/ Fries &amp; Broncos Blue RIPS</b> 
<b>10</b> Mini waffles, Cereal, Juice, Fruit Cup, Milk <b>Chicken Tornado with Rice/Beans</b>	<b>11</b> Breakfast Quesadilla, Cereal, Juice, Apple Slices, Milk <b>Cheese Ravioli w/Breadstick</b>	<b>12</b> Muffin Top, Cereal, Juice, Banana, Milk <b>Omelet, Sausage &amp; Biscuit Breakfast Meal</b>	<b>13</b> CinniMinnis, Cereal, Juice, Fruit Cup, Milk <b>Chicken Mashed Potato Bowl</b>	<b>14</b> Breakfast Sandwich, Cereal, Banana, Apple Slices, Milk <b>Chili Con Carne w/ Cheddar Biscuit</b>
<b>17</b> Mini French Toast, Cereal, Juice, Fruit Cup, Milk <b>Chef's Choice</b>	<b>18</b> Breakfast Burrito, Cereal, Juice, Apple Slices, Milk <b>Chef's Choice</b>	<b>19</b> Breakfast Bread, Cereal, Juice, Banana, Milk <b>Chef's Choice</b>	<b>20</b> <b>Chef's Choice</b> <b>Chef's Choice</b>	<b>21</b> <b>No School!</b>
<b>24</b> <b>No School!</b>	<b>25</b> <b>Winter</b> 	<b>26</b> <b>Break</b> 	<b>27</b> <b>!!!</b> 	<b>28</b> <b>No School!</b>
<b>31</b> <b>No School!</b>	<b>Januray 1</b> <b>No School!</b>	<b>2-Jan</b> <b>No School!</b>	<b>3-Jan</b> <b>No School!</b>	<b>4-Jan</b> <b>No School!</b>
<b>Cheeseburger, Chicken Sandwich, Fries</b> <b>Cheese Pizza, Sausage &amp; Jalapeno Pizza, Marinara Sauce</b>	<b>Hamburger, Spicy Chicken Sandwich, Tots</b> <b>Cheese Pizza, Hawaiian Pizza, Marinara Sauce</b>	<b>Pork Sandwich, Hot Dog, Fries</b> <b>Cheese Pizza, Taco Pizza, Marinara Sauce</b>	<b>Cheeseburger, Chicken Sandwich, Tots</b> <b>Cheese Pizza, Bacon Cheeseburger Pizza, Marinara Sauce</b>	<b>Hamburger, Spicy Chicken Sandwich, Fries</b> <b>Cheese Pizza, Pepperoni Pizza, Marinara Sauce</b>



**Los artículos del menú están sujetos a cambio según disponibilidad. Esta institución es un empleador que provee igualdad de oportunidades.**

All enrolled students eat at no charge for the first serving of breakfast and lunch. \* 2nd Serving of Breakfast; \$1.50 \* 2nd Serving of Lunch \$2.50 \* Additional Milk \$0.60/Water \$0.50

Adult Meals

Breakfast \$2.50

Lunch \$3.75

Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar

**Seasonal offerings daily on the salad bar.**

\*Don't forget to take atleast 1/2 cup of fruit or vegetable with your lunch! \*