

Menus  
for  
**December  
2018**

**Cape Girardeau  
Public Schools,  
Elementary**

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

**Monday, December 3**

**Breakfast**  
Apple Cinnamon Texas Toast

**Lunch**  
\*Nacho Bites\* *New Item*  
with Cheese

Pick 1 or 2 from below  
Green Beans  
Vegetable Juice  
Fresh Vegetables  
Fruit Choices

**Tuesday, December 4**

**Breakfast**  
Mini Bagel  
with Cream Cheese

**Lunch**  
Mini Corn Dogs

Pick 1 or 2 from below  
Broccoli with Cheese  
Fresh Vegetables  
Fruit Choices

**Wednesday, December 5**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
Soft Shell Taco

Pick 1 or 2 from below  
Potato Tots  
Fresh Vegetables  
Fruit Choices  
Frozen Fruit Sorbet

**Thursday, December 6**

**Breakfast**  
Bacon, Egg & Cheese  
Scramble with Biscuit

**Lunch**  
Breaded Chicken  
Patty Sandwich

Pick 1 or 2 from below  
Potato Smiles  
Vegetarian Beans  
Fresh Vegetables  
Fruit Choices  
Ice Cream

**Friday, December 7**

**Breakfast**  
Honey Bun

**Lunch**  
Cheese or Pepperoni  
French Bread Pizza

Pick 1 or 2 from below  
Candied Carrots  
Fresh Vegetables  
Fruit Choices

**Available Daily**

**Breakfast**  
Cereal with or w/out  
a side item

Pick 1 or 2 daily  
from below  
Fruit Choices  
and/or  
Fruit Juice Choices

Milk Choices

**Available Daily**

**Lunch Entrees**  
Garden Salad with  
Bread Stick & Goldfish

Grilled Cheese  
Stuffers

PB&J Uncrustable

Milk Choices

**Monday, December 10**

**Breakfast**  
Muffins

**Lunch**  
Mozzarella Cheese Sticks  
with Marinara Sauce

Pick 1 or 2 from below  
Sweet Potato Waffle Fries  
Vegetable Juice  
Fresh Vegetables  
Fruit Choices

**Tuesday, December 11**

**Breakfast**  
Mini Waffles

**Lunch**  
Homestyle Popcorn Chicken  
with Garlic Toast

Pick 1 or 2 from below  
Au Gratin Potatoes  
White Beans  
Fresh Vegetables  
Fruit Choices

**Wednesday, December 12**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
Chili Cheese Dog

Pick 1 or 2 from below  
Green Beans  
Fresh Vegetables  
Fruit Choices  
Frozen Fruit Sorbet

**Thursday, December 13**

**Breakfast**  
Cinni Minis

**Lunch**  
Ravioli with Bread Stick

Pick 1 or 2 from below  
Potato Wedges  
Fresh Vegetables  
Fruit Choices

**Friday, December 14**

**Breakfast**  
Yogurt & Pop Tart

**Lunch**  
Cheese or Pepperoni Pizza

Pick 1 or 2 from below  
Broccoli with Cheese  
Fresh Vegetables  
Fruit Choices

**HAPPY  
HOLIDAYS**

FROM YOUR SCHOOL  
NUTRITION STAFF!

**Monday, December 17**

**Breakfast**  
Cheese Omelet with Biscuit

**Lunch**  
Chicken Nuggets  
with Garlic Toast

Pick 1 or 2 from below  
Green Beans  
Vegetable Juice  
Fresh Vegetables  
Fruit Choices

**Tuesday, December 18**

**Breakfast**  
Mini French Toast

**Lunch**  
Cheeseburger or Hamburger

Pick 1 or 2 from below  
Sweet Potato Fries  
Fresh Vegetables  
Fruit Choices

**Wednesday, December 19**

**Breakfast**  
Sausage Breakfast Pizza

**Lunch**  
**Holiday Meal**  
Turkey & Gravy  
with Dressing

Pick 1 or 2 from below  
Mashed Potatoes  
Fresh Vegetables  
Fruit Choices  
Pumpkin Pie Pudding

**Thursday, December 20**

**Breakfast**  
Glazed Donut

**Lunch**  
Crispito with Cheese

Pick 1 or 2 from below  
Broccoli with Cheese  
Kidney Beans  
Fresh Vegetables  
Fruit Choices

**Friday, December 21**

**Breakfast**  
Chef's Choice

**Lunch**  
Chef's Choice

We will see you in the  
New Year! Have a safe and  
happy holiday break!

**Classes resume on  
Thursday,  
January 3, 2019!**