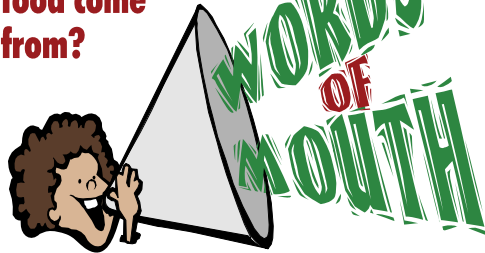




**Grace Community Schools**

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

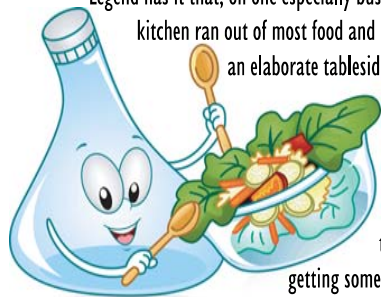
Where do all of our crazy names for food come from?



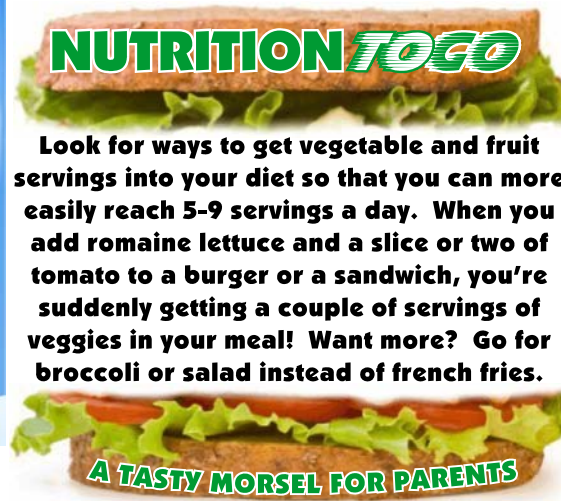
**This month: "Caesar Salad"**

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!



Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!



Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.

**Friday, December 1**

**Breakfast**

Waffle  
Banana & Milk

**Lunch**

Tacos, Peaches, Onion, Black Beans and Milk

**Snack**

Goldfish & Juice

Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
<p><b>Breakfast</b> Biscuit, Grapes &amp; Milk</p> <p><b>Lunch</b> Hot Dog, Pears, Corn, Refried Beans, &amp; Milk</p> <p><b>Snack</b> Cheetos &amp; Juice</p>	<p><b>Breakfast</b> French Toast Sticks, Banana &amp; Milk</p> <p><b>Lunch</b> Turkey &amp; Cheese Sandwich., Cheese Stick, Peaches, Sw. Potato Fries, Salad, and Milk</p> <p><b>Snack</b> Pretzels &amp; Juice</p>	<p><b>Breakfast</b> Cereal Juice &amp; Milk</p> <p><b>Lunch</b> Chicken Nuggets, Broccoli, Applesauce, Tater Tots, &amp; Milk</p> <p><b>Snack</b> Tostitos w/ Cheese &amp; Water</p>	<p><b>Breakfast</b> Cereal, Fruit Cocktail &amp; Milk</p> <p><b>Lunch</b> Spaghetti, Roll, Fruit Cocktail, Carrots, Green Peas</p> <p><b>Snack</b> Cheese Stick &amp; Juice</p>	<p><b>Breakfast</b> Pancakes Pears &amp; Milk</p> <p><b>Lunch</b> Bologna &amp; Cheese Sandwich, Banana, Carrot, Green Peas, and Milk</p> <p><b>Snack</b> Cheesy Popcorn &amp; Juice</p>
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
<p><b>Breakfast</b> Bagel Pears &amp; Milk</p> <p><b>Lunch</b> Cheese Pizza, Salad, Grapes, and Corn with Milk</p> <p><b>Snack</b> Snack Mix &amp; Juice</p>	<p><b>Breakfast</b> Cereal Apple Slices &amp; Milk</p> <p><b>Lunch</b> Sloppy Joe Sandwich, Mandarin Oranges, Salad &amp; Sw. Potato Fries</p> <p><b>Snack</b> Yogurt and Banana w/ Water</p>	<p><b>Breakfast</b> Blueberry Muffin Fruit Cocktail &amp; Milk</p> <p><b>Lunch</b> Chicken Sandwich, Applesauce, Broccoli, Tater Tots &amp; Milk</p> <p><b>Snack</b> Sun Chips and Juice</p>	<p><b>Breakfast</b> Cereal Peaches &amp; Milk</p> <p><b>Lunch</b> Macaroni &amp; Cheese, Toast, Tomatoes, Carrot Banana &amp; Milk</p> <p><b>Snack</b> 1/2 Bagel and Juice</p>	<p><b>Breakfast</b> Waffle Banana &amp; Milk</p> <p><b>Lunch</b> Tacos, Peaches, Onion, Black Beans and Milk</p> <p><b>Snack</b> Goldfish &amp; Juice</p>
Monday, December 18	Tuesday, December 19	Wednesday, Dec. 20	Thursday, December 21	Friday, December 22
<p><b>Breakfast</b> Biscuit, Grapes &amp; Milk</p> <p><b>Lunch</b> Hot Dog, Pears, Corn, Refried Beans, &amp; Milk</p> <p><b>Snack</b> Cheetos &amp; Juice</p>	<p><b>Breakfast</b> French Toast Sticks, Banana &amp; Milk</p> <p><b>Lunch</b> Turkey &amp; Cheese Sandwich., Cheese Stick, Peaches, Sw. Potato Fries, Salad, and Milk</p> <p><b>Snack</b> Pretzels &amp; Juice</p>	<p><b>Breakfast</b> Cereal Juice &amp; Milk</p> <p><b>Lunch</b> Chicken Nuggets, Broccoli, Applesauce, Tater Tots, &amp; Milk</p> <p><b>Snack</b> Tostitos w/ Cheese &amp; Water</p>	<p><b>Breakfast</b> Cereal, Fruit Cocktail &amp; Milk</p> <p><b>Lunch</b> Spaghetti, Roll, Fruit Cocktail, Carrots, Green Peas</p> <p><b>Snack</b> Cheese Stick &amp; Juice</p>	<p><b>Breakfast</b> Pancakes Pears &amp; Milk</p> <p><b>Lunch</b> Bologna &amp; Cheese Sandwich, Banana, Carrot, Green Peas, and Milk</p> <p><b>Snack</b> Cheesy Popcorn &amp; Juice</p>