

CHEYENNE WELLS SCHOOL
DECEMBER 2018
BREAKFAST MENU
(SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Scrambled Eggs Cereal Toast Fruit Milk	4 Yogurt Cup Cereal Toast Banana Muffin Fruit/ Juice Milk	5 Sausage Egg Cheese Muffin Cereal Toast Fruit/ Juice Milk	6 Pancakes w/ Syrup Cereal Toast Fruit Milk	
10 French Toast W/ Peanut Butter or Syrup Cereal Toast Fruit Milk	11 Breakfast Burrito Cereal Toast Fruit/ Juice Milk	12 Sausage Gravy Over Biscuit Cereal Toast Fruit Milk	13 Breakfast Parfait Cereal Toast/ Banana Muffin Fruit Milk	
17 Sausage Patty Hash-browns Cereal Toast Fruit Milk/ Juice	18 Breakfast Pizza Cereal Toast Fruit/Juice Milk	19 Breakfast Smoothie Cereal Toast/ Muffin Fruit Milk	20 Waffles w/ Strawberries or Syrup Cereal Toast Fruit Milk	
24	25		27	
31				

This institution is an equal opportunity provider

CHEYENNE WELLS SCHOOL
DECEMBER 2018
LUNCH MENU
(SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sloppy Jo on Bun Baked Beans Carrot Sticks Fruit Milk	4 Chili w/ Breadstick Carrot Sticks Breadsticks Fruit Milk	5 BBQ Chicken Baked Potatoes Broccoli w/ Cheese Sauce Hot Wheat Roll Fruit Milk	6 Pizza Lettuce Salad Fruit Milk	7 
10 Cheeseburger Fries Lettuce Salad Fruit Milk	11 Double Decker Taco Refried Beans Lettuce/ Cheese Fruit Cinnamon Bread Milk	12 Turkey/ Stuffing Mashed Potatoes w/Gravy Sweet Potatoes Broccoli Hot Wheat Roll Fruit/ Dessert Milk	13 BBQ Pork on Bun Baked Beans Carrot Sticks Fruit Milk	14
17 Lasagna Lettuce Salad Green Beans Fruit Milk	18 Chicken and Noodles Mashed Potatoes Carrots/ Broccoli Hot Wheat Roll Fruit/Apple Crisp Milk	19 Frito Pie Lettuce/ Cheese Fruit Cinnamon Bread Milk	20 Ham and Cheese on Hoagie Tater Tots Carrot Sticks Fruit Milk	21 
24	25	26  <small>ZWANL.COM</small>	27	28
31				

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