December

Tangi Breakfast

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				• HOT southwest chorizo & cheese brekwich • orange juice available 1
• multigrain cheerios & mini dipper doodle bar (DF) • orange juice available 4	• HOT french toast sticks 5	• HOT egg, cheese & green chile panada pie • pineapple juice available 6	• HOT pepper jack cheese & omelet gordita 7	• HOT cinnamon toast bagel • orange juice available 8
• corn chex & mini dipper doodle bar (DF) • orange juice available 11	• blueberry bagel & cream cheese 12	• HOT egg, cheese & sausage quesadilla • pineapple juice available 13	• HOT cheesy omelet 14	• HOT egg & cheese brekwich • orange juice available 15
• snow flurries cereal (DF) • orange juice available 18	• lemon muffin 19	• HOT chicken sausage & omelet gordita • pineapple juice available 20	• blueberry bagel & cream cheese • pineapple juice available 21	• HOT cheesy omelet • orange juice available 22
25	26	27	28	29

What's New?

Studies show students who eat breakfast do better on school tests!

A hungry tummy can distract kids from learning.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

This institution is an equal opportunity provider

December

Tangi Lunch

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				• classic chicken parm pasta ○ glazed carrots 1
• bfast for lunch: pancakes & chicken sausage ○ steamed corn 4	• the revolution dog (DF) ○ coleslaw 5	• meatless italian "sausage" calzoni (V) ○ broccoli 6	• ham & cheese sandwich ○ smoky black eyed peas & grape tomatoes w/ ranch 7	• uncle ted's bbq chicken drumstick w/ cheesy rice ○ steamed carrots 8
• spaghetti marinara (V) ○ steamed corn 11	• beef cheeseburger ○ broccoli 12	• general tso's chicken ○ pinto beans & baby carrots 13	• chicken bites (DF) ○ seasoned green beans w/ ranch 14	• buffalo chicken "crunchadilla" ○ glazed carrots 15
• lone star bbq chicken sandwich ○ steamed corn 18	• cheese pizza (V) ○ celery sticks & ranch 19	• creamy chicken alfredo ○ broccoli 20	• pepper jack cheeseburger ○ chopped romaine lettuce & grape tomatoes 21	• the revolution dog (DF) ○ glazed carrots 22
25	26	27	28	29

What's New?

Our food is made with high quality ingredients that do not contain any artificial colors, flavors, or sweeteners.

Because you deserve nothing less!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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December

Tangi Snack

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				• string cheese & fruit 1
• yogurt & granola 4	• educational snacks & fruit 5	• goldfish “colors” cheddar crackers & fruit 6	• cinnamon grahams & fruit 7	• goldfish “hot & spicy” cheddar crackers & fruit 8
• cinnamon grahams & fruit 11	• goldfish cheddar crackers & fruit 12	• honey wheat crackers & sunbutter 13	• goldfish pretzels & fruit 14	• ranch rumbles & fruit 15
• goldfish “hot & spicy” cheddar crackers & fruit 18	• honey grahams & fruit 19	• goldfish pretzels & fruit 20	• educational snacks & string cheese 21	• goldfish “colors” cheddar crackers & fruit 22
25	26	27	28	29

What's New?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals.

Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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