



# DECEMBER 2018

## Shenandoah Community Preschool

Low-Fat milk is served with all meals!

### Monday

Sweet/Sour Chicken  
(sauce on side!)  
Brown Rice  
Oriental Vegetables  
Kiwi Slices  
Diced Pears  
Milk

3

Chicken/Noodles  
Mashed Potatoes  
Mixed Vegetables  
Peaches  
Milk

10

Spaghetti/Meatsauce  
Broccoli  
Fresh Fruit Mix  
Milk

17

Christmas Eve  
No School Today

24

No School Today!

31

### Tuesday

Hot Ham/Cheese Sandwich  
Carrots/Dip  
Grapes  
Milk

4

Cheese Pizza  
Carrots/Ranch  
Salad  
Mandarin Oranges  
Milk

11

**Nelson's Room Menu Picks**  
WG Popcorn Chicken  
Macaroni/Cheese  
Steamed Peas  
Strawberries  
Christmas Cookie!  
Milk

18

Merry Christmas!!

25

### Wednesday

Chicken Alfredo  
WG Noodles  
Green Beans  
Orange Slices  
Milk

5

Turkey on Goldfish Bread  
Goldfish Crackers  
Broccoli/Peppers  
Mixed Fruit  
**Mrs. Emily Comes!**  
Milk

12

Fried Chicken Legs  
Mashed Potatoes/Gravy  
Buttery Corn  
Mandarin Oranges  
Milk

19

No School Today

26

### Thursday

Millkan's Room Menu:  
Mini Beef Sliders  
French Fries  
Fresh Broc/Cucumbers/Dip  
Applesauce  
Milk

6

Pulled Pork Sliders  
Cowboy Beans  
Pears/Kiwi  
Milk

13

Grilled Cheese  
Tomato Soup  
String Cheese  
Mixed Greens/Ranch  
Diced Peaches  
Milk

20

No School Today!

27

### Friday

Cheese Breadsticks/  
w/ marinara sauce  
Apples/Peanut Butter  
Steamed Peas  
Salad/Ranch  
Milk

7

WG Beef Taco  
Taco Toppings  
Corn  
Diced Strawberries  
Milk

14

**Sack Lunch!**  
Uncrustable  
Go-Gurt  
Carrots/Dip  
Fruit Cup  
Pudding Cup  
Milk

21

No School Today!

28

It is important that your student eats 5 ¼ cup servings of fruit/vegetables a day! At school encourage your child to eat a variety!



**PAY FOR MEALS ONLINE**  
[MySchoolBucks.com](https://www.MyschoolBucks.com)

