

# December



## THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
November 27, 2017	November 28, 2017	November 29, 2017	November 30, 2017	December 1, 2017
				CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk
December 4, 2017	December 5, 2017	December 6, 2017	December 7, 2017	December 8, 2017
PIZZA DIPPERS Marinara Dipping Sauce Green Beans Diced Pears Choice of Milk	POPCORN CHICKEN ^ Mixed Vegetables Diced Peaches BBQ Sauce Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup Whole Kernel Corn Fresh Fruit Choice of Milk	CHICKEN TENDERS WITH POTATO WEDGES Maple Baked Beans Mixed Fruit Cup BBQ Sauce Ketchup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Broccoli Florets Light Ranch Dressing Wheat Bread (2 Slices) Fresh Fruit Choice of Milk
December 11, 2017	December 12, 2017	December 13, 2017	December 14, 2017	December 15, 2017
CHICKEN NUGGETS WITH POTATO ROUNDS ^ Diced Carrots Grape Juice BBQ Sauce Ketchup Choice of Milk	PEPPERONI PIZZA WRAP ^ Broccoli Diced Peaches Choice of Milk	CHEESEBURGER Hamburger Bun ^ Maple Baked Beans Baby Carrots Light Ranch Dressing Mixed Fruit Cup Ketchup Sriracha Ketchup Choice of Milk	HOLIDAY MEAL** CHICKEN ALFREDO PASTA ^ Mixed Vegetables Fresh Fruit Chocolate Cookie ^ Choice of Milk	DELI SUB SANDWICH ^ SunSet Sip Juice Crunchy Celery Sticks Light Ranch Dressing Fresh Fruit Mustard Choice of Milk
December 18, 2017	December 19, 2017	December 20, 2017	December 21, 2017	December 22, 2017
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 25, 2017	December 26, 2017	December 27, 2017	December 28, 2017	December 29, 2017
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 1, 2018	January 2, 2018	January 3, 2018	January 4, 2018	January 5, 2018

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.



## Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
12-01-2017	CRISPY CHICKEN FILLET ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	142	2	0	0	0	156	14	1	2	6	0	0	29	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	96	2	1	0	8	119	12	0	12	8	96	1	310	0	
12-04-2017	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	96	2	1	0	8	119	12	0	12	8	96	1	310	0	
12-05-2017	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	96	2	1	0	8	119	12	0	12	8	96	1	310	0	
12-06-2017	BEAN & CHEESE BURRITO ^	313	12	5	0	21	520	38	6	1	15	68	1	245	3	MMA:2oz G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	96	2	1	0	8	119	12	0	12	8	96	1	310	0	
12-07-2017	CHICKEN TENDERS WITH POTATO WEDGES	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	96	2	1	0	8	119	12	0	12	8	96	1	310	0	
12-08-2017	HOMESTYLE SALISBURY STEAK W/GRAVY	198	10	4	0	41	823	12	0	2	13	15	1	36	1	MMA:2oz
	Mashed Potatoes	79	0	0	0	0	275	17	1	1	3	0	59	41	0	V:1/2c S
	Fresh Broccoli Florets	9	0	0	0	0	9	2	0	0	1	48	286	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Wheat Bread (2 Slices)	140	2	0	0	0	270	26	4	2	8	0	0	120	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	96	2	1	0	8	119	12	0	12	8	96	1	310	0	



# Nutritional Information: THE INTERGENERATIONAL SCHOOL

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
12-20-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-21-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-22-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-25-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-26-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-27-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-28-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-29-2017	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain  
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

## Allergen Information: THE INTERGENERATIONAL SCHOOL

**ALLERGEN WARNING:** This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
12-01-2017	CRISPY CHICKEN FILLET ^							X	X
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Fruit								
	BBQ Sauce							X	
	Choice of Milk	X							
12-04-2017	PIZZA DIPPERS	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Diced Pears								
	Choice of Milk	X							
12-05-2017	POPCORN CHICKEN ^							X	X
	Mixed Vegetables								
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
12-06-2017	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Whole Kernel Corn								
	Fresh Fruit								
	Choice of Milk	X							
12-07-2017	CHICKEN TENDERS WITH POTATO WEDGES							X	X
	Maple Baked Beans								
	Mixed Fruit Cup								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
12-08-2017	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	Mashed Potatoes	X						X	
	Fresh Broccoli Florets								
	Light Ranch Dressing	X	X					X	
	Wheat Bread (2 Slices)							X	X
	Fresh Fruit								
	Choice of Milk	X							



