

December 2011











High

**Bedford County Public Schools  
School**

**BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Biscuit Ham Biscuit Fruit Juice or Fruit Cup Milk (lowfat, skim)	Chicken Biscuit Sausage Biscuit Egg Biscuit Fruit Juice or Fruit Cup Milk (lowfat, skim)	Steak Biscuit Sausage Biscuit Ham Biscuit Fruit Juice or Fruit Cup Milk (lowfat, skim)	Chicken Biscuit Sausage Biscuit Egg/Cheese Biscuit Fruit Juice or Fruit Cup Milk (lowfat, skim)	Breakfast Buffet Fruit Juice or Fruit Cup Milk (lowfat, skim)

**LUNCH**

OFFERED AS A DAILY BREAKFAST & LUNCH ENTRÉE CHOICE: Yogurt w/grain item Great Vegetarian Choice Salad, Fruit Choice & Milk also offered as a daily lunch choice			1 Chicken Nuggets w/Roll Cheese Lasagna/Roll Italian Wrap Sandwich Choice <b>Sides</b> Mashed Potatoes, Green Beans, Tossed Salad, Fruit	2 Pizza Taco w/Fixings Fish Treasures w/Hushpuppies Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Baked Beans, Manager's Choice Vegetable Fruit
5 Pizza Chicken Tenders/Biscuit Cheeseburger Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Steamed Capri Vegetables, Tossed Salad, Fruit	6 Breaded Mozzarella Sticks w/Sauce Corn Dog Nuggets Manager's Choice Sandwich Choice <b>Sides</b> Baked Chips or Potato Choice, Lima Beans Tossed Salad, Fruit	7 Pizza Chicken Patty Sandwich Grilled Cheese Sandwich Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Soup Choice, Tossed Salad, Fruit	8 Chicken Nuggets w/Roll Meatball Sub Crispy Fish Sandwich Sandwich Choice <b>Sides</b> Mashed Potatoes, Green Beans, Tossed Salad, Fruit	9 Pizza Chicken Fajitas Hotdog w/Chili Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Mexicali Corn, Tossed Salad, Fruit
12 Pizza Popcorn Chicken w/Toast Cheeseburger Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Manager's Choice Vegetable, Tossed Salad, Fruit	13 Cheese Sticks w/ Sauce Grilled Chicken Sandwich Manager's Choice Sandwich Choice <b>Sides</b> Baked Chips or Potato Choice, California Blend Veggies, Tossed Salad, Fruit	14 Pizza Chicken Parmesean Sandwich Chili & Cheese Nachos Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Steamed Mixed Veggies, Tossed Salad, Fruit	15 Chicken Nuggets w/Roll Cheese Lasagna w/Roll Manager's Choice Sandwich Choice <b>Sides</b> Mashed Potatoes, Green Beans, Tossed Salad, Fruit	16 Pizza Corn Dog Nuggets Carolina BBQ Sandwich Sandwich Choice <b>Sides</b> French Fries or Baked Potato, Steamed Broccoli, Soup Choice, Fruit
19 SCHOOL CLOSED WINTER BREAK 	20 SCHOOL CLOSED WINTER BREAK 	21 SCHOOL CLOSED WINTER BREAK 	22 SCHOOL CLOSED WINTER BREAK 	23 SCHOOL CLOSED WINTER BREAK 
26 SCHOOL CLOSED WINTER BREAK 	27 SCHOOL CLOSED WINTER BREAK 	28 SCHOOL CLOSED WINTER BREAK 	29 SCHOOL CLOSED WINTER BREAK 	30 SCHOOL CLOSED WINTER BREAK 

Wishing you and your family a wonderful holiday season!  
We will see you back on January 2, 2012!

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**Karen Arthur, School  
Nutrition Supervisor**



**HOLD  
ON  
TIGHT!**

Last day of school:  
Friday, December 17  
Classes resume:  
Monday, January 3

**We'll see you in 2011!**