### December Menus

#### Republic R-III Early Childhood Menu

**This institution is an equal opportunity provider. Menus are subject to change.**

### Breakfast Options

- **Monday, Dec. 5**
  - **Breakfast**: Cinnabiscuit w/Yogurt Dip
    - Applesauce
    - 100% Juice, Milk
  - **Lunch**: Chicken Teriyaki w/Rice
    - PBJ & Yogurt
    - Cooked Carrots
    - Tropical Mixed Fruit
    - Milk

- **Tuesday, Dec. 6**
  - **Breakfast**: Scrambled Eggs w/Diced Ham & Toast
    - Apple Wedges
    - 100% Juice, Milk
  - **Lunch**: Taco Tuesday!!
    - Soft Beef Taco w/Salsa
    - Yogurt/Muffin/Cheese
    - Golden Corn
    - Refried Beans
    - Peaches

- **Wednesday, Dec. 7**
  - **Breakfast**: Cereal w/Cinnamon Toast
    - Banana
    - 100% Juice, Milk
  - **Lunch**: Toasted Cheese Sandwich
    - PBJ & Yogurt
    - Tomato Soup
    - Grapes
    - Milk
    - Bonus: Goldfish

- **Thursday, Dec. 8**
  - **Breakfast**: Biscuit & Gravy w/Sausage Patty
    - Orange Wedges
    - 100% Juice, Milk
  - **Lunch**: Chicken Alfredo
    - Yogurt/Muffin/Cheese
    - Side Salad
    - Applesauce
    - Milk
    - Bonus: Jello

- **Friday, Dec. 9**
  - **Breakfast**: Frudel Friday
    - Peaches
    - 100% Juice, Milk
  - **Lunch**: Cheese Pizza
    - PBJ & Yogurt
    - Side Salad
    - Mandarin Oranges
    - Milk
    - Bonus: Jello

**Alternate Lunch Choices**

- **Monday, Dec. 5**: PB&J Sandwich M,W,F
  - Muffin, Yogurt, String Cheese T,TH

**Low-Fat White Milk**

**Menus are subject to change without notice due to supply chain issues.**

### Lunch Options

- **Monday, Dec. 5**: Scrambled Eggs w/Diced Ham & Toast
  - Side Salad
  - 100% Juice, Milk

- **Tuesday, Dec. 6**: Taco Tuesday!!
  - PBJ & Yogurt
  - Cooked Carrots
  - Tropical Mixed Fruit
  - Milk

- **Wednesday, Dec. 7**: Toasted Cheese Sandwich
  - PBJ & Yogurt
  - Side Salad
  - Applesauce
  - Milk

- **Thursday, Dec. 8**: Chicken Alfredo
  - Yogurt/Muffin/Cheese
  - Side Salad
  - Applesauce
  - Milk

- **Friday, Dec. 9**: Cheese Pizza
  - PBJ & Yogurt
  - Side Salad
  - Mandarin Oranges
  - Milk

### Meal Application Information

Applications for free or reduced-cost meals are available online through parent portal or paper copies can be found at any school front office or can be downloaded from the Food Service website any time during the school year. Students receiving benefits last year must have a new application approved each school year.

As benefits cannot begin until the date the application is approved, it is important to fill out and return as soon as possible. Charges incurred before application approval must be paid. If you need help filling out an application or have questions, please call the Food Service Office at 735-3753.

### School Lunch Prices

- **Breakfast**:
  - $1.15 Student
  - $2.25 Adult/Visitor

- **Lunch**:
  - $2.50 Student
  - $4.15 Adult/Visitor

Please keep a positive balance in your student(s) meal account(s).
### What’s on Your Plate?

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<thead>
<tr>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Apple Breakfast Bites Apple Breakfast Bites</td>
<td>Cheesy Egg Patty w/Cinnamon Toast</td>
<td>Creamy Oatmeal w/Cinnamon Toast</td>
<td>Biscuit &amp; Gravy w/Sausage Patty</td>
<td>Pancake w/Syrup</td>
<td>Oatmeal Breakfast Round</td>
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<td></td>
<td>Applesauce</td>
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<td>Banana, Raisins</td>
<td>Orange Wedges</td>
<td>Peaches</td>
<td>Applesauce Round</td>
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<td>100% Juice, Milk</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Bosco Sticks w/Marinara</td>
<td>Beef &amp; Cheese Nachos Yogurt/Muffin/Cheese</td>
<td>Cherry Blossom Chicken w/Rice</td>
<td>Baked Ham w/Roll Yogurt/Muffin/Cheese</td>
<td>Pepperoni Pizza</td>
<td>Morning Oatmeal Breakfast Round</td>
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<td>Tater Tots</td>
<td>Refried Beans Peaches</td>
<td>Cooked Carrots Grapes</td>
<td>Candied Sweet Potatoes Mixed Fruit</td>
<td>Side Salad Mandarin Oranges</td>
<td>Applesauce Rounds</td>
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<td></td>
<td>Strawberries</td>
<td>Milk</td>
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<tr>
<td><strong>Bonus:</strong></td>
<td>Pudding</td>
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<td>Chocolate Chip Cookie</td>
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### Holiday Begins at the End of Classes

**Wednesday, Dec. 21**

**Classes Resume**

**Wednesday, Jan. 4**

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**Q: Why did Super Orange lose the big race around the world?**

**A: Super Orange could only wish this happen to you — juice don’t!”**

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Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [www.kidshelf.org/kid/stay-healthy/food/pyramid.html](http://www.kidshelf.org/kid/stay-healthy/food/pyramid.html)