



Don't forget
to eat your
vegetables.

Raymond School Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
are Offered Daily on the Fruit & Vegetable Bar

December
2018

MONDAY

3
Pancakes with Syrup
Sausage Links

OR Tasty Chicken Nuggets

Potato Smiles
Apple Juice
Bread, Fruit & Veggie Bar

TUESDAY

4
Spaghetti with Meatballs

OR Cheeseburger with
Pickles
Waffle Fries
Caesar Salad, Breadstick
Rice Krispie Treat
Fruit & Veggie Bar

WEDNESDAY

5
Beefy Nachos with Sour
Cream & Salsa

OR Oven Roasted Mini
Corn Dogs

Buttered Corn
Bread, Fruit & Veggie Bar

THURSDAY

6
Homemade Cheese Pizza

OR Italian Sub Sandwich
with Pickles

Kettle Chips
Lettuce Salad with Ranch
Bread, Fruit & Veggie Bar

FRIDAY

7
HOM ~ Cabbage
Toasted Cheese Sandwich

OR Crispy Chicken Strips

Cabbage Rice Soup
Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

10
French Toast Sticks with
Syrup, Scrambled Eggs

OR Crispy Chicken
Sandwich with Pickles
Potato Triangle
Strawberries
Biscuit, Fruit & Veggie Bar

11
National Bagel Day!
Pepperoni Pizza Bagel

OR Cheeseburger with
Pickles

Shoe String French Fries
Gold Fish Crackers
Fruit & Veggie Bar

12
Homemade Beef Lasagna

OR Oven Roasted Mini
Corn Dogs

Caesar Salad
Buttered Corn, Garlic
Toast, Fruit & Veggie Bar

13
HOM ~ Sage
County Fair Corn Dog

OR Crispy Chicken Strips

Sage Parmesan Pasta
Seasoned Green Beans
Sugar Cookie
Bread, Fruit & Veggie Bar

14
Mozzarella Cheese
Dippers, Marinara Sauce

OR BBQ Pork Riblet
Sandwich with Pickles

Crinkle Cut French Fries
Pretzels, Fruit & Veg Bar

17
National Syrup Day!

Pancakes with Wisconsin
Maple Syrup, Sausage
Links
OR Tasty Chicken
Nuggets
Waffle Fries
Orange Juice
Biscuit, Fruit & Veggie Bar

18
Salisbury Steak with Gravy

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Dinner Roll
Pumpkin Cake
Fruit & Veggie Bar

19
Chef Anthony Presents

Pizza Calzini with Marinara
Sauce

OR Cheeseburger with
Pickles

Shoe String French Fries
Roll, Fruit & Veggie Bar

20
Homemade Cheese Pizza

OR Grilled Chicken
Sandwich with Pickles

Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar

21
Early Release
No Hot Lunch

24
WINTER BREAK STARTS

25
HAVE FUN!

26
REMEMBER TO GET UP
AND MOVE!

27
EAT HEALTHY!
BE SAFE!

28
STAY WARM!

31
FACTS ABOUT SAGE:

Sage is a small perennial
shrub that grows about 3
feet tall.
Sage is considered to
have a slight peppery
flavor.

FACTS ABOUT

CABBAGE:
Red cabbage is often used
in German and Swedish
recipes.
Excellent source of fiber,
Vitamin C and Vitamin K
which aid in healing wound

FACTS ABOUT

PERSIMMON:
Trees were introduced to
the United States in 1850.
Excellent source of
Vitamin A which can help
with vision and bone
growth.



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|--------------|--------|
| Regular | \$3.10 |
| Reduced | \$1.15 |
| Adult | \$3.10 |
| Student Milk | \$0.10 |

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
For questions or comments, contact
Brenda Sunderland, FSD at 262-864-2105
or sundbre@raymond.k12.wi.us

