



DECEMBER | 2017

RANDOLPH SOUTHERN JR-SR HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PIZZA BURGER Sub Sandwich HASHBROWN TRIANGLE CREAMY COLESLAW MIXED FRUIT MILK
4 HOT DOG/BUN Burrito BAKED BEANS BROCCOLI/CHEESE PEACHES MILK	5 CHICKEN & NOODLES Ham or Turkey Slice MASHED POTATOES GREEN BEANS ROLL CALICO FRUIT SALAD MILK PIE	6 PANCAKES/SYRUP SAUSAGE PATTY Biscuit and Sausage Gravy CARROTS FRUIT CUP MILK	7 NACHO W/CHEESE SAUCE Fajita Wrap LETTUCE/TOMATOES MIXED FRUIT MILK	8 PIZZA Cheeseburger Mini Twins CORN PEARS MILK
11 CORN DOG Chicken Tenders CHEESY POTATOES W/HAM BROCCOLI MANDARIN ORANGES MILK	12 HAM & BEANS Beef Stew CORNBREAD APPLESAUCE MILK COOKIE	13 CHEESEBURGER/BUN Turkey Wrap FRENCH FRIES CARROTS PEARS MILK	14 CHICKEN PATTY/BUN Quesadilla CHIPS FRESH VEGGIES/DIP MIXED FRUIT MILK	15 COUNTRY FRIED STEAK BBQ Pork Chop MASHED POTATOES/GRAVY PEAS PEACHES MILK
18 HOT DOG/BUN Burrito BAKED BEANS PEARS MILK ICE CREAM	19 GENERAL TSO CHICKEN RICE Fish Nuggets Mac & Cheese CARROTS PINEAPPLE MILK	20 PHILLY Mini Cordogs FRENCH FRIES BROCCOLI W/CHEESE APPLESAUCE MILK	21 NO SCHOOL CHRISTMAS BREAK	22 NO SCHOOL CHRISTMAS BREAK
25 NO SCHOOL CHRISTMAS BREAK	26 NO SCHOOL CHRISTMAS BREAK	27 NO SCHOOL CHRISTMAS BREAK	28 NO SCHOOL CHRISTMAS BREAK	29 NO SCHOOL CHRISTMAS BREAK

News

OFFER VS. SERVE

**Each day, your child is offered a lunch containing the following:
Meat or Meat Alternate,
Grain,
Fruit, Vegetable and Milk.**

Out of the 5 food groups your student is offered, they must choose at least 3 food groups for their meal. One of the food groups must be a fruit or vegetable. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger or chef salad. If your student comes home and says they didn't get enough to eat at lunch, ask if they are taking all of their fruit or vegetable choices.