



# December 2018

## Ewing School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Turkey and Cheese Roll up Sweet Potato Fries Peas Tropical Fruit Milk	<b>4</b> BBQ Chicken Breast Baked Beans Tater Tots Peaches Whole Grain Biscuit Milk	<b>5</b> Cheeseburger on Whole Wheat Bun Green Beans French Fries Mixed Fruit Milk	<b>6</b> Whole Grain Grilled Cheese California Blend Veggies Medium Banana Milk	<b>7</b> Whole Grain Cheese Pizza Carrots Garden Salad Applesauce Milk
<b>10</b> Taco in a bag (Taco Meat, Doritos, Black Beans, Cheese, Romaine, and Salsa) Applesauce Milk	<b>11</b> Whole Grain Peanut Butter and Jelly Peas Baby Carrots w/Ranch Raisins Milk	<b>12</b> Chicken Patty on Whole Wheat Bun Steamed Broccoli French Fries Mixed Fruit Milk	<b>13</b> Meatloaf Patty Roasted Redskin Potatoes Green Beans Whole Grain Roll Medium Banana Milk	<b>14</b> Whole Grain Mozzarella Sticks Marinara Sauce Mixed Veggies Pineapple Tidbits Milk
<b>17</b> Mini Corn Dogs Baked Beans Mixed Vegetables Mandarin Oranges Milk	<b>18</b> Chicken Nuggets California Blend Veggies Craisins Whole Grain Cookie Milk	<b>19</b> Salisbury Steak Carrots Peas Tropical Fruit Whole Grain Roll Milk	<b>20</b> Baked Ham Scalloped Potatoes Green Beans Medium Banana Whole Grain Apple Breadstick Milk	<b>21</b> Whole Grain Stuffed Crust Pizza Garden Salad Sweet Potatoes Peaches Milk
<b>24</b> WINTER BREAK NO SCHOOL	<b>25</b> 	<b>26</b> WINTER BREAK NO SCHOOL	<b>27</b> WINTER BREAK NO SCHOOL	<b>28</b> WINTER BREAK NO SCHOOL
<b>31</b> WINTER BREAK NO SCHOOL				

### PARENTS/GUARDIANS OF EWING STUDENTS:

Alternate choices are available for meat-only entrées. Any combination entrees such as pasta w/meat sauce, chili, pizza, etc. cannot be substituted. Chicken patty, peanut butter and jelly, and grilled cheese are the alternate choices offered daily. Vegetable substitutions are not allowed. ODE and USDA regulations require specific items on the menu. Those guidelines allow us to offer free breakfast and lunches for students. The menus are prepared in advance that if there is an item that the student will not eat then there is an opportunity to send something from home to substitute. Children are selective, and studies show that sometimes it can take up to 10 times of trying one thing before they will like it. If there is a medical reason or disability that requires a substitution, then all that is required is a medical statement from a medical professional stating what the student can't have, the reason the student can't have it, and the substitution that is allowed. If there are any questions, please call Monika Farnsworth at 740-373-3781 ext. 35.



\*Mixed Vegetables consist of peas, carrots, green beans, corn, and lima beans; California Blend Veggies consist of cauliflower, broccoli, and carrots.

\*\*Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.