



~Menu subject to change due to deliveries~

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

		Mon	Tue	Wed	Thu	Fri		
							1	
								Replace any main dish with:
	2	3	4	5	6	7	8	↓ ↓ ↓ A cold deli sandwich
		BAGEL  PULLED PORK SANDWICH BAKED BEANS  FRUIT& SALAD BAR	FRENCH TOAST  TWIN TACOS REFRIED BEANS CORN  FRUIT& SALAD BAR	BISCUIT & GRAVY  CHICKEN ALFREDO CORNBREAD PEAS & CARROTS  FRUIT& SALAD BAR	BK BURRITO  PEPPERONI DIP STICKS FRIES  FRUIT& SALAD BAR			
	9	10	11	12	13	14	15	↓ OR ↓
Free seconds on all veggies and sides!! 		BAGEL  TURKEY SUB TOMATO SOUP SIDE SALAD  FRUIT& SALAD BAR	OATMEAL  SUPER NACHOS RANCH BEANS CORN  FRUIT& SALAD BAR	BISCUIT & GRAVY  LASAGNA FRESH CARROTS BREADSTICK  FRUIT& SALAD BAR	BK BURRITO  CHEESEBURGER SMILEY FRIES APPLE  FRUIT& SALAD BAR			A crispy taco salad
	16	17	18	19	20	21	22	↓ OR ↓
Milk offered with EVERY meal! 		BAGEL  CHILI CON CARNE CINN-A-BUN FRESH VEGGIES  FRUIT& SALAD BAR	PANCAKE ON A STICK  CHICKEN SANDWICH TOTS STRAWBERRIES  FRUIT& SALAD BAR	BISCUIT & GRAVY  CHRISTMAS DINNER  FRUIT& SALAD BAR	BK BURRITO  CHICKEN SOFT TACO CORN SPANISH RICE  FRUIT& SALAD BAR			A fresh chef salad bar
	23	24	25	26	27	28	29	↓ OR ↓
		CHRISTMAS BREAK						A fruit salad
	30	31						
		CHRISTMAS BREAK						

**START YOUR DAY THE HEALTHY WAY, EAT BREAKFAST EVERYDAY!!!**



## SARGENT CAFETERIA NEWSLETTER

### December food holidays you can celebrate at home!

Dec. 1<sup>st</sup>- National Pie Day

Dec 13<sup>th</sup>- National Cocoa Day

Dec 24<sup>th</sup>- National Egg Nog Day

Dec 28<sup>th</sup>- National Chocolate Candy Day

Wow, can you believe it is already December. We have had a wonderful school year so far in the Cafeteria, and can't wait to see what the New Year brings. We had a great turnout of parents and other family members at our Thanksgiving Dinner, and would like to invite you to attend our Christmas Dinner on December 19<sup>th</sup>. Please RSVP with Val Bonsall at 719-852-4025 or Kelli Lister at 719-852-4023.

As always we are open to suggestions, please let us know how we are doing. From all your friends in the Cafeteria have a very Merry Christmas and a Happy New Year!

Val, Evelyn, Darlene, Lori, Shelley, and Kelli

[veichner@sargent.k12.co.us](mailto:veichner@sargent.k12.co.us) [klister@sargent.k12.co.us](mailto:klister@sargent.k12.co.us)

### ALA CART

Pizza.....	3.00
Chips.....	1.25
Fruit.....	0.75
Cheese stick.....	1.00
Cookie.....	1.25
Fruit Slushy.....	1.00

### PRICES

Breakfast.....	2.00
Elementary Lunch.....	2.75
Secondary Lunch.....	3.00
Adult Lunch.....	3.75
Adult Breakfast.....	2.75

