



December 2011

Middle School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Milk Offerings</u> Non Fat Chocolate OR 1% Milk		Daily Offerings include: Chicken Burgers Cheeseburgers Pizza and Turkey Hot Dogs		1) Colby Cheese Omelet* with French Fries OR Daily Offering	2) Beef Enchiladas with Rice OR Daily Offering
	5) Teriyaki Beef Dippers with Rice OR Daily Offering	6) Tuna Salad Submarine OR Daily Offering	7) Warm Bagel with Smoked Turkey & Cheese OR Daily Offering	8) Pancakes & Syrup with Sausage Patty OR Daily Offering	9) Beef, Bean and Green Chili Burrito OR Daily Offering
* Meat free entree	12) Cheese Quesadilla* OR Daily Offering	13) Shredded Chicken Soft Taco OR Daily Offering	14) Baked Chicken Nuggets OR Daily Offering	15) Spaghetti with Marinara Sauce* OR Daily Offering	16) Teriyaki Meat Balls with Rice OR Daily Offering
	19) Winter Break No School!	20) Winter Break No School!	21) Winter Break No School!	22) Winter Break No School!	23) Winter Break No School!
Water available daily	26) Winter Break No School!	27) Winter Break No School!	28) Winter Break No School!	29) Winter Break No School!	30) Winter Break No School!

December's Fruit of the Month – Cranberries



Baked Apples with Cranberries:

- 4 red, medium apples
- 1 cup fresh or dried cranberries
- 1/3 cup pure maple syrup
- 1/4 cup brown sugar, packed
- 2 teaspoons unsalted butter
- 1/2 teaspoon ground cinnamon
- Cream (optional)

1. Pre-heat oven to 375 degrees.
2. Partially core apples, starting at the stem end, removing all the seeded core, leaving bottom intact. Peel each of the apples, leaving at least 1/4 of the peel on the bottom of the apple. Place in a shallow oil-sprayed baking dish.
3. Fill each apple with cranberries and scatter remaining cranberries in baking dish. Pour maple syrup over apples, sprinkle with brown sugar and top with 1/2 teaspoon butter and a sprinkling of cinnamon. Bake, basting occasionally, for 35-45 minutes, or until apples are tender and soft. Remove and allow to cool briefly.
4. To serve, place each apple in a serving dish, spoon on syrup from the baking dish and serve warm with cream, if desired.



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 USDA, Director, Office of Civil Rights, 1400 Independence Ave SW, Washington,
 DC 20250-9410