

## Dexter Diner Menu

Dexter recognizes the important link between proper nutrition and academic success and we strive to offer students a healthy variety of freshly made food options. For students with dietary restrictions or allergies, parents must provide lunch and spacks as appropriate.





28



# December





			_		
	_	-		_	
M				$\mathbf{a}$	V
				$\mathbf{u}$	

### Tuesday

29

### Wednesday

30

### **Thursday**

## Friday

Breakfast:
Mini Muffins
Scrambled Eggs
Applesauce
Fruit, Cereal, Yogurt

Lunch:
Hot Dogs w/ Chili
Cheese and more
Chips
Fresh Fruit

**Breakfast:** 

Pancakes, Sausage
Applesauce
Fruit, Cereal, Yogurt

Lunch:
Chicken Pot Pie
Ranch Style Beans
Go-gurt or Applesauce

Breakfast:

Pancakes, Sausage
Applesauce
Fruit, Cereal, Yogurt

Lunch:
Spaghetti & Meatballs
Green Beans
Garlic Roll
Brownie Bite

Breakfast:
Piggies in a Blanket
Scrambled Eggs
Applesauce

Fruit, Cereal, Yogurt

<u>Lunch</u>: Crispy or Soft Tacos Rice and Beans Marshmallow Cereal Bar Breakfast:
Pancakes, Bacon
Applesauce
Fruit, Cereal, Yogurt

Lunch:
Chicken Noodle Soup
Ham & Turkey
Sandwich
Chips
Jello

Breakfast:
Mini Muffins
Scrambled Eggs w/ Ham
Applesauce
Fruit, Cereal, Yogurt

<u>Lunch</u>: Chicken Alfredo Pasta Broccoli Roll Ice Cream <u>Breakfast</u>:

Pancakes, Sausage Applesauce Fruit, Cereal, Yogurt

Lunch:
Baked Chicken Legs
Mashed Potatoes
Corn
Brownie Bite

**Breakfast**:

Breakfast Tacos
Applesauce
Fruit, Cereal, Yogurt

Lunch:

Shepherd's Pie Ranch Style Beans Yogurt or Applesauce **Breakfast:** 

Cinnamon Rolls Scrambled Eggs, Sausage, Applesauce Fruit, Cereal, Yogurt

Lunch:
Chicken Strips
Mac & Cheese
Corn
Apple Slices

<u>Breakfast:</u>
Pancakes, Bacon
Applesauce
Fruit, Cereal, Yogurt

<u>Lunch</u>:
Baked Ravioli
Green Beans
Garlic Bread
Fruit Snacks or Jello

Breakfast:
Mini Muffins
Scrambled Eggs w/ Ham
Applesauce
Fruit, Cereal, Yogurt

<u>Lunch</u>:
Meatball Subs
Chips
Carrots & Celery Sticks
Fresh Fruit

**Breakfast:** 

Pancakes, Sausage Applesauce Fruit, Cereal, Yogurt

ALL SCHOOL LUNCH:

12:05 - 1:05 PM Nachos Rice and Beans Cookie Breakfast:

Breakfast Tacos Applesauce Fruit, Cereal, Yogurt

ALL SCHOOL LUNCH: 12:05 - 1:05 PM

Hamburgers Tater Tots Yogurt or Applesauce <u>Breakfast</u>:

Cinnamon Rolls Scrambled Eggs w/ Ham Applesauce Fruit, Cereal, Yogurt

<u>Lunch</u>:
Personal Pizza
Beef & Barley w/
Vegetable Soup
Ice Cream

Breakfast:
Pancakes, Bacon
Applesauce
Fruit, Cereal, Yogurt

Lunch:
HOLIDAY
SNACK
(early release)

19

12

20

13

21

14

22

15

23

Happy Winter Break!

26

**27** 

28

29

30

16

Happy Winter Break!