



## EL SOL ACADEMY LUNCH MENU

December | 2019

*Every child deserves a healthy  
start.™*

Sapphire at School lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our “homemade sauces”, and dressings have no added preservatives, additives or high fructose syrup. We proudly utilize locally produced, artisanal whole wheat breads. All breakfast and lunch served with 1% or FF Milk. All snacks are served with full strength juice.

December 2<sup>ND</sup> – 6<sup>TH</sup>

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MONDAY  
2, 2019  
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk  
LUNCH: **Penne with Meat Sauce** Parmesan on Side  
LUNCH SIDE: **Apple, Milk**  
SNACK: **Cheez Its**

TUESDAY  
3, 2019  
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk  
LUNCH: **All Beef Hot Dog** Whole Wheat Bun  
LUNCH SIDE: **Romaine Salad** Cucumber, Carrot, Tomato, Ranch Dressing  
**Orange or Watermelon, Milk**  
SNACK: **Doritos**

WEDNESDAY  
4, 2019  
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Potato, Whole Wheat Tortilla  
- Honeydew Fruit Cup, Milk  
LUNCH: **Korean Beef Bowl** Cabbage, Spinach, Carrot, Celery, Pea, Ginger  
Steamed Rice  
LUNCH SIDE: **Apple or Mixed Fruit, Milk**  
SNACK: **Rice Krispies**

THURSDAY  
5, 2019  
BREAKFAST: **Bagel** Cream Cheese, Pineapple Fruit Cup, Milk  
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll  
LUNCH SIDE: **Mixed Vegetable Crudités – Peach Cup, Milk**  
SNACK: **Whole Wheat Goldfish Crackers**

FRIDAY  
6, 2019  
BREAKFAST: **French Toast Sticks, Syrup** - Watermelon Fruit Cup, Milk  
LUNCH **Bean & Cheese Burrito** Whole Wheat Tortilla  
LUNCH SIDE: **Carrot, Apple or Orange, Milk**  
SNACK: **Cereal Bar**



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December 9<sup>TH</sup> – 13<sup>TH</sup>

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- MONDAY**  
9, 2019  
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk  
LUNCH: **Breaded Chicken "Parmesan" Penne** Marinara Sauce, Parmesan on Side  
LUNCH SIDE: **Tropical Fruit Cup, Milk**  
SNACK: **Cheez Its**
- TUESDAY**  
10, 2019  
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk  
LUNCH: **Cheeseburger** Whole Wheat Bun  
LUNCH SIDE: **Mixed Vegetable Crudités, Orange or Watermelon, Milk**  
SNACK: **Strawberry PopTart**
- WEDNESDAY**  
11, 2019  
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk  
LUNCH: **French Bread Pizza**, Nitrate Free Pepperoni, Cheese, Pizza Sauce  
LUNCH SIDE: Broccoli, Cucumbers **Apple or Mixed Fruit, Milk**  
SNACK: **Doritos**
- THURSDAY**  
12, 2019  
BREAKFAST: **Bagel Ful®** Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk  
LUNCH: **Orange Chicken** Vegetable Medley, Brown Rice  
– **Watermelon or Banana, Milk**  
SNACK: **Rice Krispies**
- FRIDAY**  
13, 2019  
BREAKFAST: **Mini Waffles, Syrup** - Watermelon Fruit Cup, Milk  
LUNCH: **Carne Asada, Bean & Cheese Burrito** Whole Wheat Tortilla  
LUNCH SIDE: **Apple or Orange, Milk**  
SNACK: **Whole Wheat Goldfish Crackers**



## EL SOL ACADEMY LUNCH MENU

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December 16<sup>TH</sup> – 20<sup>TH</sup>

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- MONDAY 16, 2019  
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk  
LUNCH: **Spaghetti & Meat Balls** Marinara, Parmesan on Side  
LUNCH SIDE: **Peach Cup, Milk**  
SNACK: **Cereal Bar**
- TUESDAY 17, 2019  
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk  
LUNCH: **Meatloaf Dinner** Stuffing, Mashed Potato, Pea, Carrot  
LUNCH SIDE: **Orange or Watermelon, Milk**  
SNACK: **Granola Bar**
- WEDNESDAY 18, 2019  
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk  
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll  
LUNCH SIDE: **Mixed Vegetable Crudités, Apple or Mixed Fruit, Milk**  
SNACK: **Strawberry PopTart**
- THURSDAY 19, 2019  
BREAKFAST: **Bagel** Cream Cheese, Pineapple Fruit Cup, Milk  
LUNCH: **Real "Mac" n Cheese, Cauliflower**  
LUNCH SIDE: **Broccoli and Carrot– Watermelon or Banana, Milk**  
SNACK: **Doritos**
- FRIDAY 20, 2019  
BREAKFAST: **Mini Pancakes, Syrup** - Watermelon Fruit Cup, Milk  
LUNCH: **Bean & Cheese Burrito** Pinto Bean, Whole Wheat Tortilla  
LUNCH SIDE: **Carrot, Apple or Orange, Milk**  
SNACK: **Rice Krispies**

December 23<sup>RD</sup> – 31<sup>ST</sup>

Winter Break