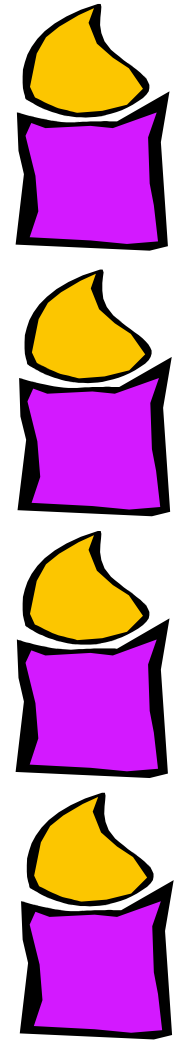
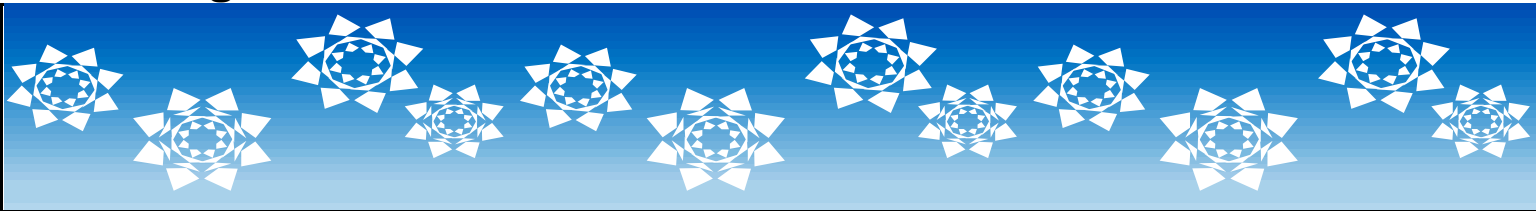
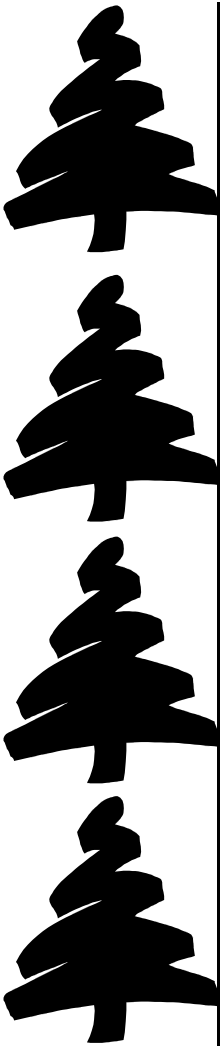


# Berlin High School

# December



<p>3 <b>Chicken Nuggets</b> Dipping Sauces Mashed Potato Vegetable</p>	<p>4 <b>Dog &amp; Burger Day</b> Hot Dog or Hamburger on a Roll with Cheese, Lettuce &amp; Tomato</p>	<p>5 <b>Chicken Parm</b> with Pasta Garden Veg &amp; Roll / Butter</p>	<p>6 <b>Stick Day</b> Seasoned Bread Sticks Mozzarella Cheese Sticks Marinara or Meat Sauce Vegetable</p>	<p>7 <b>French Bread Pizza</b> Plain or Pepperoni Garden Salad w-Croutons <b>OR</b> <b>Chefs Choice</b></p>
<p>10 <b>Sweet &amp; Sour Chicken</b> Fried Rice Stir Fried Veg Fortune Cookie</p>	<p>11 <b>Chicken Patty</b> On a Whole Wheat Roll, with Cheese, Lettuce, Tomato and Served with Fries</p>	<p>12 <b>Nacho Chips</b> Taco Meat, Cheese Sauce, Shredded Lettuce, Salsa &amp; Jalapenos Served With Rice &amp; Corn</p>	<p>13 <b>Dog &amp; Burger Day</b> Hot Dog or Hamburger on a Roll with Cheese, Lettuce &amp; Tomato served with Baked Bean &amp; Slaw</p>	<p>14 <b>PIZZA PIZZA</b> Plain or Pepperoni Garden Salad w-Croutons <b>OR</b> <b>Chefs Choice</b></p>
<p>17 <b>Grilled Cheese</b> 2 Golden Traditional Grilled Cheese Tater Tots Tomato Soup</p>	<p>18 <b>BBQ Chicken Sandwich</b> Grilled Chicken Topped with BBQ Sauce on a Roll. Served with Mac &amp; Cheese &amp; Veggies</p>	<p>19 <b>Turkey Turkey</b> Served with Smashed Potato, Gravy, Corn &amp; Cranberry Sauce</p>	<p>20 <b>Stick Day</b> Seasoned Bread Sticks Mozzarella Cheese Sticks Marinara or Meat Sauce Vegetable</p>	<p>21 <b>1/2 Day</b></p>

26 **EXERCISE** 17 **Enjoy The Holidays** 28 **READ A BOOK** 29 30

Amy Audette, Cook Manager  
Café Hours: 11:00 to 12:30  
860-828-5115

Tim Prosinski  
Food Service Director  
Berlin Public Schools  
860-828-6581

All lunches include the following:  
Protein, Grain, Vegetable,  
Milk & Fruit or Juice.

Alternate Daily Choices:  
Made To Order Deli Sandwich  
Chef Salad  
Daily Specials

Monthly Ticket \$37.10  
Reduced \$5.60  
Daily Lunch \$2.65  
Milk \$.40  
Snacks \$.10 & up

## Nutrition Facts

Sunflower seeds are a healthy snack high in vitamin E.  
Iron & Zinc, that are found in poultry are great at fighting illness.  
Kids your age should drink two or more glasses of milk a day.  
Beans & nuts are good sources of protein just like meat & fish.  
Carrots contain vitamin A, which helps keep your eyes healthy.  
Beef jerky is a good snack food that provides protein.  
Exercise strengthens your bones, muscles & heart.