Yelm Secondary Schools December 2015

The main dish

We proudly serve vegetarian options. Look for the (V) You can also make some of our specials Vegetarian by simply saying NO MEAT PLEASE.

Eat a Red Apple Day

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Chicken</td>
<td>BBQ Beef Sandwich</td>
<td>Hot &amp; Spicy Popcorn Chicken</td>
<td>Chicken &amp; Waffles</td>
</tr>
<tr>
<td>Steamed Rice</td>
<td>Coleslaw</td>
<td>Ranch Dipping Sauce</td>
<td>Baked Tator Tots</td>
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<tr>
<td>Broccoli Buds</td>
<td>Baby Carrots</td>
<td>Oven Roasted Potato Wedges</td>
<td>Celery Sticks</td>
</tr>
<tr>
<td>Sliced Cucumbers</td>
<td>Green Beans</td>
<td>WG Chocolate Chip Cookie</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beefy Double Tacos</td>
<td>Sweet &amp; Sour Chicken</td>
<td>Philly Steak Sandwich</td>
<td>Cheeseburger Macaroni</td>
<td>Build A Burger</td>
</tr>
<tr>
<td>Refried Beans</td>
<td>Steamed Rice</td>
<td>Corn</td>
<td>WG Breadstick</td>
<td>Assorted Cheese</td>
</tr>
<tr>
<td>Corn Chips</td>
<td>Baby Carrots</td>
<td>Potato Wedges</td>
<td>Broccoli</td>
<td>Sliced Tomatoes &amp; Onions</td>
</tr>
<tr>
<td>Mexican Corn Salsa</td>
<td>Cauliflower</td>
<td></td>
<td>Cucumber Slices</td>
<td>Assorted Sauces</td>
</tr>
<tr>
<td>Served Daily &amp; Includes</td>
<td></td>
<td></td>
<td></td>
<td>Oven Baked Fries</td>
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</table>

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<table>
<thead>
<tr>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beefy Nachos</td>
<td>General Tso Chicken</td>
<td>Meatball Sandwich</td>
<td>Popcorn Chicken Bowl</td>
<td>Cook’s Choice</td>
</tr>
<tr>
<td>Cinnamon Breadstick</td>
<td>Steamed Rice</td>
<td>Broccoli Buds</td>
<td>Mashed Potatoes &amp; Gravy</td>
<td></td>
</tr>
<tr>
<td>Refried Beans</td>
<td>Baby Carrots</td>
<td>Oven Baked Tots</td>
<td>Green Beans</td>
<td></td>
</tr>
<tr>
<td>Salsa</td>
<td>Celery Sticks</td>
<td></td>
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</tbody>
</table>

Breakfast to start your day off right!

Waffle Sticks
Breakfast Sandwich
Bagel & Cream Cheese
Yogurt Parfait
Cereal w/String Cheese

Breakfast Burrito
Breakfast Sandwich
Bagel & Cream Cheese
Yogurt Parfait
Cereal w/String Cheese

French Toast
Breakfast Sandwich
Bagel & Cream Cheese
Yogurt Parfait
Cereal w/String Cheese

Breakfast includes choice of above entree, Fresh Seasonal Fruit & Potato Side

Yelm Community Schools is an equal opportunity provider and employer

Meals Prices
Breakfast: K-12: $1.50, Reduced K-12: no charge Lunch: K-6: $2.50, 7-12: $2.90, Reduced: $0.40 Adult Breakfast: $2.35, Adult Lunch: $3.55

Substitutes needed for: Food Service
Please Contact the Yelm Community Schools District Office: 360-458-1900

Food Facts
Did you Know???
The Red Delicious apple was discovered as a chance seedling in 1872 on the Iowa farm of Jesse Hiatt. He marketed it under the name Hawkeye and eventually sold the rights to a fruit company known as Stark Brothers. The apple was first renamed Delicious and later on when Stark Brothers discovered another apple and named it Golden Delicious they renamed the Delicious, Red Delicious. The Red Delicious apple saw tremendous commercial success between 1940 and the late 1980’s, with the bulk of the supply coming out of Washington State.

Fast Food Faves
Lean beef burgers w/ cheese and breaded chicken sandwiches available daily. Includes daily potato side, fruits & veggies

Specials
Monday: Chicken Bacon Pizza
Tuesday: Hawaiian Pizza
Wednesday: All Meat Pizza
Thursday: Veggie Pizza (V)
Friday: Pepperoni & Sausage

Adult Brkfst: $2.35, Adult Lunch: $3.55
Lunch: K-6: $2.50, 7-12: $2.90, Reduced: $0.40

Yelm Adult Specials

A Taste of Italy
Pepperoni & Cheese Pizza served daily on WG Crust
Includes daily potato side, fruits & veggies

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