

# December Facts 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Rotini Marinara</b>  190 Cal, 13g Fat, 21.0g Carb, 8g Pro <b>and a side of broccoli.</b> 30 Cal, 0g Fat, 6g Carb, 2g Pro	<b>4 Chicken Burritos bowls</b> <b>55 cal, 2g fat, 8 carb, 1g pro</b> <b>Shredded chicken 125 cal, 3g fat, 0 carb, 24g pro</b>	5. <i>Breakfast Day</i>	<b>6</b>  <b>Student Choice</b>	<b>7 Pizza Day</b>
<b>10 Pasta Day</b> <b>Chicken Alfredo</b> <b>Cal 310.0 fat 8.0g carbs 38.0g pro</b> <b>20.0g Garlic bread 150 cal 6g fat 31 carbs 4g pro</b>	<b>11 TACO TUESDAY!</b> <i>WHOLE WHEAT TACO SHELL</i> 55 Cal, 2g Fat, 8g Carb, 1g Pro <i>SHREDDED CHICKEN</i> 125 Cal, 3g Fat, 0g Carb, 24g Pro <i>BROWN RICE</i> 130 Cal, 1g Fat, 28g Carb, 3g Pro <i>LETTUCE, SALSA, SOUR CREAM</i> <i>CHEDDAR CHEESE</i> 140 Cal, 12g Fat, 2g Carb, 6g Pro <i>BLACK BEANS</i> 80 Cal, 2g Fat, 13g Carb, 3g Pro	<b>12 BREAKFAST DAY!</b> <i>Croissants</i> 95 Cal, 4g Fat, 13g Carb, 2g Pro <i>HOMEMADE BERRY SYRUP (2 tbsp)</i> 100 Cal, 0g Fat, 25g Carb, 0g Pro <i>SCRAMBLED EGGS WITH CHEESE</i> 185 Cal, 13g Fat, 1g Carb, 16g Pro <i>TURKEY SAUSAGE.</i> 45 cal, 3g fat, 0g carb, 4g pro	<b>13 MEATBALL SUBS</b> 100 Cal, 3g Fat, 15g Carb, 3g Pro Hand rolled meatballs 210 cal, 10g fat, 9g carb, 21g protein Whole grain garlic bread 120 Cal, 2g Fat, 20g Carb, 5g Pro 30 Cal, 0g Fat, 6g Carb, 2g Pro	<b>14 PIZZA DAY</b> 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) <b>CARROT STICKS.</b> 35 Cal, 0g Fat, 8g Carb, 1g Pro
<b>17 Mac And Cheese</b> <b>Mac and cheese cal 170.3 fat 5.8g carbs 23.2g pro 6.2g cornbread cal 20 fay .66g carbs 2.96g pro .47g</b>	<b>18 Quesadillas</b> <b>Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro</b>	<b>19 BREAKFAST DAY!</b> <i>SCRAMBLED EGGS WITH CHEESE</i> 185 Cal, 13g Fat, 1g Carb, 16g Pro <i>PANCAKES,</i> 180 cal, 6g fat, 25g carb, 7g pro <i>HOMEFRIES</i> 75 Cal, 1g Fat, 15g Carb, 2g Protein <i>HOMEMADE BERRY SYRUP (2 tbsp)</i> 100 Cal, 0g Fat, 25g Carb, 0g Pro	<b>20</b> <b>NO HOT LUNCH</b> <b>Advent Retreat, Brown bag only!</b>	<b>21</b>  <b>NO SCHOOL</b>
<b>24</b>  <b>NO SCHOOL</b>	<b>25</b>  <b>NO SCHOOL</b> <b>MERRY CHRISTMAS!</b>	<b>26</b>  <b>NO SCHOOL</b>	<b>27</b>  <b>NO SCHOOL</b>	<b>28</b>  <b>NO SCHOOL</b>
<b>31</b>  <b>NO SCHOOL</b>				