



<p>3</p> <p><b>1-2-3 Go!!</b> 3-Chicken Nuggets 2- Mini Corn Dogs 1-Mozzarella Cheese Stick Egg Noodles &amp; Vegetable</p>	<p>4</p> <p><b>Pasta Pasta</b> With Meatballs, Parmesan Cheese, Sweet Carrots, Garlic Bread &amp; <b>Froz. Juice Icy</b></p>	<p>5</p> <p><b>Stick Day</b> Seasoned Bread Sticks Mozzarella Cheese Sticks Marinara or Meat Sauce Green Beans</p>	<p>6</p> <p><b>Chicken Patty</b> On a Wheat Roll with Cheese, Lettuce, Tomato and served with Baked Onion Rings</p>	<p>7</p> <p><b>PIZZA PIZZA</b> Plain or Pepperoni Garden Salad w-cROUTONS</p>
<p>10</p> <p><b>Popcorn Chicken</b> Dipping Sauces Mashed Potato Mixed Veggies</p>	<p>11</p> <p><b>Nacho Chips</b> Taco Meat, Cheese Sauce, Shredded Lettuce &amp; Salsa Served with Rice &amp; Corn</p>	<p>12</p> <p><b>Berlin Burger</b> On a Wheat Roll with Cheese, Lettuce, Tomato and Oven Fries.</p>	<p>13</p> <p><b>Turkey Turkey</b> With Gravy, Smashed Potatoes, Stuffing, Veggie, Cranberry Sauce &amp; <b>Froz. Juice Icy</b></p>	<p>14</p> <p><b>PIZZA PIZZA</b> Plain or Pepperoni Garden Salad w-cROUTONS</p>
<p>17</p> <p><b>Chicken Nuggets</b> Dipping Sauces Mac &amp; Cheese Garden Vegetable</p>	<p>18</p> <p><b>Hot Dog</b> On a Roll with Cheese and Oven Baked Fries</p>	<p>19</p> <p><b>Brunch For Lunch</b> Pancakes Scrambled Eggs Potato Rounds</p>	<p>20</p> <p><b>Stick Day</b> Seasoned Bread Sticks Mozzarella Cheese Sticks Marinara or Meat Sauce Green Beans</p>	<p>21</p> <p><b>PIZZA PIZZA</b> Plain or Pepperoni Garden Salad w-cROUTONS</p>

26 **EXERCISE** 27 **Enjoy The Holidays** 28 29 **READ A BOOK** 30

Cafe Manager: Tina Trigila 828-6336

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 \$30.10  
Reduced \$5.60  
Daily Lunch \$2.15  
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.

