

# December 2018

## STATE SCHOOLS



### School Information:

Georgia Department of Education / State Schools  
 Atlanta Area School for the Deaf, Clarkston, GA  
 Georgia Academy for the Blind, Macon, GA  
 Georgia School for the Deaf, Cave Spring, GA



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

**Assorted Fresh Fruit, Milk, Water and Citrus Infused Water Served Daily. Fruit and Vegetable of the Month Features Kale and Apples.**



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken & Broccoli Alfredo **3**  
 Turnip Greens  
 Brussel Sprouts  
 Garlic Bread  
 Yellow Cupcakes

Tomato Soup w/ Crackers **4**  
 Grilled Cheese Sandwich  
 Mixed Vegetables  
 Chocolate Chip Cookies

Mandarin Orange Chicken **5**  
 Jasmin Rice  
 Egg Roll  
 Stir Fry Veg  
 Strawberries and Cream

Sloppy Joes **6**  
 Mashed Potatoes  
 Green Beans  
 Black Eyed Peas  
 Spiced Peach Cobbler

**7**

Grilled Chicken Sandwich **10**  
 Roasted Potato Wedges  
 Cheesy Broccoli  
 Chocolate Fudge Cake

Cheeseburgers/ W Pickle **11**  
 BBQ Potato Chips  
 Baked Bean  
 Corn On the Cobb  
 Chocolate Chip Cookie

Chicken Parmesan on **12**  
 Buttered Noodles  
 Corn  
 Garlic Bread  
 Jell-O Parfaits

Turkey W/ Gravy **13**  
 Seasoned Rice  
 Glazed Carrots  
 Breadstick  
 Brownies

**14**

Pepperoni Pizza **17**  
 Buffalo Wings  
 Celery Sticks  
 Steamed Broccoli  
 Cinnamon Rolls

Beef Stroganoff **18**  
 Buttered Noodles  
 Green Beans  
 Dinner Roll  
 Sorbet w/ Cookies

Waffles and Sausage **19**  
 Scrambled Eggs  
 Biscuit  
 Hash browns  
 Strawberries and Cream

**20**

**21**

**24**

**25**

**26**

**27**

**28**

**31**

