
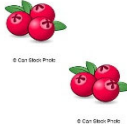



**Cranberries are
GOOD for
YOU!**

**December 2018
Crusader Café**



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Crispy Chicken Salad Wheat Roll Carrots Fruit Cup <i>Grilled Italian</i>	Street Tacos Mexicali Corn Salad Refried Black Beans Spanish Rice Fruit Cup <i>Turkey Bacon Melt</i>	Shrimp Poppers Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Ranch</i>	Teriyaki Beef Fried Rice Thai Cabbage Salad Egg Roll Fruit Cup <i>Meatball Sub/Burrito</i>	Stuffed Crust Pizza Tossed Garden Salad Fruit Cup <i>Chicken Fried Steak</i>
10	11	12	13	14
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	Chicken Alfredo Broccoli Fruit Cup <i>Chicken Fried Steak</i>	Frito Chili Pie Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>
17	18	19	20	21
Finals Breakfast Only	Finals Breakfast Only	Finals Breakfast Only	Christmas	Break
24	25	26	27	28
Christmas Eve		Christmas	Break	Continues
31				
New Year's Eve	 Cranberry Health Benefits:	Vitamin C Vitamin E Manganese Antioxidants	 <small>© Can Stock Photo</small>	Plavonoids Dietary Fiber Phenolic Acids Immune System

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

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