

December 2021 High School

Meal	Monday	Tuesday	Wednesday 1-Dec	Thursday 2-Dec	Friday 3-Dec
4					
Breakfast			Cereal Bowl/Bug Bites	Fruit Filled Pastry	Breakfast Bar & Cheese Stick
Juice and:			Pears	Apple Slices	Applesauce
Lunch					
Entree			Sloppy Joe w/Chips	All Beef Hot Dogs	Chicken Nachos
Veg Entree			Omelet/Muffin	Grilled Cheese	Pizza
			Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger
Veggies			Carrot/Celery Sticks	Seasonal Fresh Veggie	Red Pepper Strips
			Roasted Potatoes	Sweet Potato Fries	Black Beans
Fruit			Orange Slices	Strawberry Cup	Mandarin Oranges
			Pears	Peaches	Juice
5	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Breakfast	Breakfast Kit	Mini Cinnis	Yogurt/Bug Bites	BeneFit Bar	Cereal Bowl and Cheese Stick
Juice and:	Fruit Cocktail	Applesauce	Peaches	Orange Slices	Apple Slices
Lunch					
Entree	Orange Chicken/Rice	Wrap Sandwich	Burrito Bowl	Turkey Bacon Cheeseburger	Chicken Patty/Bun
Veg Entree	Sunbutter Pack	Lasagna	Cheese Filled Breadsticks/Marinara	Yogurt/Cheese/Grain	Mac & Cheese
	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger
Veggies	Veggie Sticks	Cucumber Slices	Garden Salad	Red Pepper Strips	Broccoli Florets
	Oriental Vegetables	Baked Fries	Black Beans	Sweet Potato Fries	Whole Kernel Corn
Fruit	100% Juice Ice Slushie	Peaches	Juice	Pineapples	Pears
	Pears	Pineapples	Apple Slices	Fruit Cocktail	Strawberry Cup
1	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
Breakfast	Mini Bagels	Muffin	Breakfast Pastry	Breakfast Kit	BeneFit Bar
Juice and:	Applesauce	Orange Slices	Apple Slices	Peaches	Pears
Lunch					
Entree	Popcorn Chicken Bowl	Chicken Tenders	Breakfast Sandwich	Hamburger/Bun & Chips	Deli Sub & Chips
Veg Entree	Cheese Filled Breadsticks/Marinara	Chalupa/Salsa	Sunbutter & Bug Bites	Omelet/Muffin	Pizza
	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Pizza	Chicken Patty/Bun
Veggies	Corn	Zucchini Coins	Garden Salad	Carrots	Red Pepper Strips
	Mashed Potatoes	Black Beans	Green Beans	Emoji Fries	Cucumbers
Fruit	Pears	Pineapples	Peaches	Orange Slices	Apple Slices
	Peaches	Mandarin Oranges	Juice	Applesauce	Fruit Cocktail

