

# December 2021

## Monday

*This institution is an equal opportunity provider.*

**MENU IS SUBJECT TO CHANGE.**

## Tuesday

## Wednesday

## Thursday

## Friday

Breakfast Pizza

**MAC & CHEESE**  
OR MUFFIN BASKET  
OR MEAT & CRACKERS LUNCHABLE

Green Beans & Carrots, Applesauce, Milk

1

French Toast Sticks

**CHICKEN NUGGETS**  
OR NACHO CHEESE & CHIPS  
OR TURKEY SANDWICH

Rice Krispies Treat, Corn, Mixed Fruit, Lettuce, Pickle, Tomato, Milk

2

Dutch Waffle

**CORN DOG**  
OR EZ JAMMER

Chips, Milk

3

Pancakes

**HOT DOG**  
OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Potato Wedges, Peaches, Milk

6

Mini Bagel

**GRILLED CHEESE**  
Chips, Apple, Baby Carrots, Milk

**GRAB & GO MEAL SERVICE**  
All school kitchens open for meal pickup from 10 a.m until 12 p.m.

7

French Toast Sticks

**COUNTRY FRIED STEAK**  
OR MUFFIN BASKET  
OR MEAT & CRACKERS LUNCHABLE

Dinner Roll, Mashed Potatoes, Gravy, Broccoli, Applesauce, Milk

8

Biscuits & Gravy

**CHEESE ENCHILADAS**  
OR NACHO CHEESE & CHIPS  
OR TURKEY SANDWICH

Cookie, Salsa, Pears, Lettuce, Pickle, Tomat, Milk

9

Mini Waffles

**BREADED CHICKEN SANDWICH**  
OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Milk

10

Breakfast Burrito

**BREADED CHEESE STICKS**  
OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Marinara, Mixed Fruit, Milk

13

Pancakes

**FISH NUGGETS**  
OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato, Corn, Peaches, Milk

14

Breakfast Pizza

**TURKEY ROAST**  
OR MUFFIN BASKET  
OR MEAT & CRACKERS LUNCHABLE

Cookie, Dinner Roll, Green Beans, Mashed Potatoes, Gravy, Applesauce, Milk

15

French Toast Sticks

**CHICKEN NUGGETS**  
OR NACHO CHEESE & CHIPS  
OR TURKEY SANDWICH

Rice Krispies Treat, Broccoli, Beans, Mashed Potatoes, Milk, Lettuce, Pickle, Tomato

16

Dutch Waffle

**CORN DOG**  
OR EZ JAMMER

Chips, Milk

17

20

21

22

23

24

# WINTER RECESS



27

28

29

30

31

December 20<sup>th</sup> through December 31<sup>st</sup>

## 2021-2022 MEAL PRICES

ALL STUDENTS, regardless of income status may receive one **FREE** breakfast and one **FREE** lunch each day they attend school during the 2021-2022 school year.

### ADULT MEALS & 2<sup>nd</sup> STUDENT MEALS

Breakfast \$2.50  
Lunch \$3.50

During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

During **LUNCH**, students must choose at least 3 of the following 5 components: **Low-fat milk, whole grains, fruits, vegetables, and protein.** When choosing ingredients and entrees to serve for our program we look for foods that are **lean, low-fat, low-sodium, low-sugar, and whole grain rich.** Students are able to choose whichever healthy foods they like best.

½ CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL.