

Palos South Middle School Lunch Menu

December 2021

December is National Pear Month

Pears are a great source of fiber, vitamin C and potassium!

Did you know that pears change color from green to yellow as they ripen? Try a fresh pear at lunch!



1

Grilled Cheese Melt +
or
Ranch Chicken Wrap

French Fries
Baked Beans
Celery Sticks

Plum
Orange
100% Apple Juice

2

Cheese Pizza +
or
C.Ham & Cheese Sandwich ▲

Potato Wedges
Seasoned Green Beans
Baby Carrots

Apple
Banana
100% Fruit Juice

3

Chicken Patty
or
Turkey and Cheese Sub

Tater Tots
Sweet Golden Corn
Cucumber Slices

Diced Fruit
Orange
100% Apple Juice

6

Mini Cinni Roll
C.Sausage Patties ▲
or
Tossed Salad w/ Cheese w/ Pretzel Rod and Goldfish Crackers +

Tater Tots
Fresh Broccoli Florets

Pear
Orange
100% Apple Juice

7

Cheeseburger
or
Chicken Salad Platter w/
Flatbread Wedges

Mashed Potatoes
Side Salad
Buttermilk Ranch Dressing
Baby Carrots

Applesauce
Diced Fruit
100% Fruit Juice

8

Corndog ▲
or
Egg Chef Salad w/ Pretzel Rod
and Goldfish Crackers +

French Fries
Baked Beans
Celery Sticks

Plum
Orange
100% Apple Juice

9

Chicken Nuggets w/
Soft Pretzel Rod
or
C.Ham and Cheese Sandwich ▲

Side Salad
Seasoned Green Beans
Baby Carrots

Apple
Banana
100% Fruit Juice

10

Hot Dog ▲
or
Ranch Chicken Wrap

Tater Tots
Sweet Golden Corn
Cucumber Slices

Diced Fruit
Orange
100% Apple Juice

13

National Cocoa Day

Italian Cheesy Pull Aparts +
or
Turkey and Cheese Sub

Tater Tots
Fresh Broccoli Florets

Pear
Orange
100% Apple Juice

14

Chicken Patty
or
Egg Chef Salad w/ Pretzel Rod
and Goldfish Crackers +

Mashed Potatoes
Side Salad
Baby Carrots

Applesauce
Diced Fruit
100% Fruit Juice

15

BBQ Pork Riblet Sandwich
or
C.Ham and Cheese Sandwich ▲

French Fries
Baked Beans
Celery Sticks

Plum
Orange
100% Apple Juice

16

Chicken Tenders w/ Fluffy Biscuit
or
Tossed Salad w/ Cheese w/ Pretzel Rod and Goldfish Crackers +

Seasoned Green Beans
Side Salad
Baby Carrots

Apple
Banana
100% Fruit Juice

17

Ntl Maple Syrup Day

French Toast Sticks w/ Syrup
C.Sausage Patties ▲
or
Chicken Salad Platter w/ Flatbread Wedges

Tater Tots
Sweet Golden Corn
Cucumber Slices

Diced Fruit
Orange
100% Apple Juice

20

Popcorn Chicken w/ Pretzel Rod
or
Egg Chef Salad w/ Goldfish & Pretzel Rod +

Tater Tots
Fresh Broccoli Florets

Pear
Orange
100% Apple Juice

21

Cheese Pizza +
or
C.Ham and Cheese Sandwich ▲

Mashed Potatoes
Side Salad
Baby Carrots

Applesauce
Diced Fruit
100% Fruit Juice

22



No
School

23



No
School



24



No
School

27



No
School

28



No
School

29



No
School

30



No
School

31



No
School

Lunch Price

Lunch is free for the 2021-2022 school year. Join us on Monday December 13th and try some chocolate pudding for National Cocoa Day

Got Cocoa?

Winter Break

December 22nd-December 31st
Have a safe and happy holiday!

**HAPPY
NEW YEAR**