



DECEMBER | 2022

Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
²⁸ Teriyaki Dippers with a Dinner Roll Mini Peppers Fresh Fruit Choice of Milk	²⁹ Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	³⁰ Chicken Nuggets French Fries Fresh Fruit Choice of Milk	¹ Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit Choice of Milk	² Pizza Slice Cucumber Fresh Fruit Choice of Milk
⁵ Walking Taco Refried Beans Fresh Fruit Choice of Milk	⁶ Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	⁷ Grilled Cheese Tomato Soup Fresh Fruit Choice of Milk	⁸ Mini Corn Dogs Curly Fries Fresh Fruit Choice of Milk	⁹ Calzone Green Beans Fresh Fruit Choice of Milk
¹² Hamburger Baked Beans Fresh Fruit Choice of Milk	¹³ French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	¹⁴ Chicken Drumstick Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	¹⁵ Popcorn Chicken Broccoli Fresh Fruit Choice of Milk	¹⁶ Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit Choice of Milk

Build a Meal
Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:
All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Meal Prices:
Breakfast: \$2.25
Lunch: \$3.40
Adult: \$4.80
Extra Milk: \$0.50

Winter Break

