



DECEMBER 2022 LUNCH MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREADS	AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES A 4oz YOGURT CUP, STRING CHEESE & A GRAIN SNACK (YOGURT FLAVORS & GRAIN SNACK WILL VARY BY SCHOOL)		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
			1 TOMATO SOUP GRILLED CHEESE VEGGIES	2 FISH STICKS TATER TOTS COLESLAW VEGGIES
5 CALZONE MARINARA SAUCE VEGGIES	6 CRISPY CHICKEN SANDWICH POTATO WEDGES VEGGIES	7 PIZZA VEGGIES SIDEKICK SLUSHIE	8 MEATLOAF CHEESY POTATOES GARLIC BREADSTICK VEGGIES	9 HOT ITALIAN SUB MARINARA SAUCE VEGGIES
12 MINI CORN DOGS SUN CHIPS VEGGIES	13 BREADED RAVIOLI MARINARA SAUCE VEGGIES	14 BAKED POTATO BAR W/ FIXINGS DINNER ROLL	15 WALKING TACOS FIESTA BEANS CORN MUFFIN VEGGIES	16 POPCORN CHICKEN BOWL GARLIC BREADSTICK VEGGIES
19 FRENCH BREAD PIZZA MARINARA SAUCE VEGGIES	20 MEATBALLS GRAVY MASHED POTATOES DINNER ROLL VEGGIES	21 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET APPLESAUCE	22 CHEESEBURGER BAKED BEANS CURLY FRIES	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL



DECEMBER 2022 LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREAD			MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
			1 TOMATO SOUP GRILLED CHEESE VEGGIES	2 FISH STICKS TATER TOTS COLESLAW
5 CALZONE MARINARA SAUCE VEGGIES	6 CRISPY CHICKEN SANDWICH POTATO WEDGES VEGGIES	7 PIZZA VEGGIES SIDEKICK SLUSHIE	8 MEATLOAF CHEESY POTATOES GARLIC BREADSTICK VEGGIES	9 HOT ITALIAN SUB MARINARA SAUCE VEGGIES
12 MINI CORN DOGS SUN CHIPS VEGGIES	13 BREADED RAVIOLI MARINARA SAUCE VEGGIES	14 BAKED POTATO BAR W/ FIXINGS DINNER ROLL	15 WALKING TACOS FIESTA BEANS CORN MUFFIN VEGGIES	16 POPCORN CHICKEN BOWL GARLIC BREADSTICK VEGGIES
19 FRENCH BREAD PIZZA MARINARA SAUCE VEGGIES	20 MEATBALL GRAVY MASHED POTATOES DINNER ROLL VEGGIES	21 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET APPLESAUCE	22 CHEESEBURGER BAKED BEANS CURLY FRIES VEGGIES	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL



DECEMBER 2022 BREAKFAST MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADS, CEREAL BARS, CEREAL, MUFFINS & YOGURT PARFAITS AVAILABLE DAILY	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
			1 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	2 MINI DONUTS FRUIT & JUICE MILK
5 APPLE OR CHERRY FRUDEL FRUIT & JUICE MILK	6 COMBO BAR TOAST FRUIT & JUICE MILK	7 BREAKFAST SANDWICH FRUIT & JUICE MILK	8 BREAKFAST BURRITO FRUIT & JUICE MILK	9 CINNAMON ROLL FRUIT & JUICE MILK
12 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	13 FRENCH TOAST STICKS FRUIT & JUICE MILK	14 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	15 BREAKFAST BITES FRUIT & JUICE MILK	16 APPLE FILLED DONUT FRUIT & JUICE MILK
19 MINI WAFFLES FRUIT & JUICE MILK	20 POWER BITES TOAST FRUIT & JUICE MILK	21 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	22 BAGEL PIZZA FRUIT & JUICE MILK	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL



DECEMBER 2022 BREAKFAST MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES ASSORTED CEREALS, TOAST, FRUIT, JUICE & MILK	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
			1 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	2 MINI DONUTS FRUIT & JUICE MILK
5 YOGURT PARFAIT FRUIT & JUICE MILK	6 COMBO BAR TOAST FRUIT & JUICE MILK	7 BREAKFAST SANDWICH FRUIT & JUICE MILK	8 BREAKFAST BURRITO FRUIT & JUICE MILK	9 CINNAMON ROLL FRUIT & JUICE MILK
12 PB&J UNCRUSTABLE FRUIT & JUICE MILK	13 FRENCH TOAST STICKS FRUIT & JUICE MILK	14 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	15 BREAKFAST BITES FRUIT & JUICE MILK	16 APPLE FILLED DONUT FRUIT & JUICE MILK
19 CEREAL BAR FRUIT & JUICE MILK	20 BAGEL PIZZA FRUIT & JUICE MILK	21 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	22 ASSORTED MUFFINS FRUIT & JUICE MILK	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL