

High School December 2022

Breakfast Menu: Available daily in the cafeteria (7:20am to 7:35am) Cost: \$2.00
 All Breakfasts are served with fruit and choice of milk. Asst cereals, breakfast bars, pop tarts always available. ****Specialty hot items available each day. ****

<p>11/28</p> <h2 style="text-align: center;">HOLIDAY BREAK</h2>	<p>11/29</p> <p>Pizza Dippers/Marinara Mixed Veggies WG Chocolate Chip Cookie Alt: Dilly Turkey Melt/on Sourdough bread</p>	<p>11/30</p> <p>Bacon Cheeseburger on Roll Baked Beans Pasta Salad Alt. Veggie Burger w/Paprika Mayo/Bun</p>	<p>12/1</p> <p>Fish N' Chips Chips = Waffle Fries Homemade Coleslaw Alt: Grilled Ham and Cheese on Multi-grain bread</p>	<p>12/2</p> <p>French Bread Pizza Steamed Broccoli WG Cheez-its Alt: Mini Ranch Pierogis</p>
<p>5</p> <p>Hot Dog on Bun (Chili optional) Cinnamon Sweet Potato Fries Crunchy Chick Peas Alt: Chili w/ Corn Bread</p>	<p>6</p> <p>Chicken Drumsticks Baked Potato Mixed Vegetables WG Chocolate Chip Cookie Alt. Grilled Cuban on Sourdough Bread</p>	<p>7</p> <p>Ham & Cheese on Pretzel Roll L-S Chicken Corn Soup Roasted Root Veggies Alt. Chicken Monterey Sandwich</p>	<p>8</p> <p>General Tso's Chicken Fried Rice Steamed Broccoli Alt: Asian Dumplings</p>	<p>9</p> <p>Creamy Mac & Cheese Pretzel Rod Tossed Salad Alt: Fall Turkey Apple Melt</p>
<p>12</p> <p>Meatball Parm Sub Curly Fries WG Chocolate Chip Cookie Alt: Beef Totchos</p>	<p>13</p> <p>Popcorn Chicken Broccoli Soup WG Breadstick Alt. Cheddar Turkey Burger</p>	<p>14</p> <p>Sausage Links OR Scrambled Eggs French Toast Sticks Hash Browns</p>	<p>15</p> <p>Roast Turkey/Gravy Mashed Potatoes Dinner Roll Tuscan Veggie Blend Alt: Pork Carnitas</p>	<p>16</p> <p>Domino's Pizza Tossed Salad Hummus/Celery Alt: Chicken Alfredo</p>
<p>19</p> <p>Chicken Nuggets Loaded Mashed Potatoes Green Beans Alt. Seasoned Mozzarella Bites</p>	<p>20</p> <p>Baked Ziti Garlic Knot Tossed Salad Alt: Chicken Cheesesteak Sandwich</p>	<p>21</p> <p>Grilled Cheese Sandwich Tomato Soup WG Goldfish Crackers Alt. Mushroom Swiss Burger/Bun</p>	<p>22</p> <p>Soft Shell Tacos Bean Dip Corn WG Chocolate Chip Cookie Alt: Chicken Fajitas</p>	<p>23</p> <p>Cheese Quesadilla/Salsa French Fries Steamed Peas Alt: Shrimp Po'boy</p>

MENU SUBJECT TO CHANGE

Student Lunch: \$3.25
 A la Carte Milk: \$0.60 Adult Lunch: \$5.00
 A La Carte Drinks, Snacks and Ice Cream
 All Grain Offerings are Whole Grain / All Rolls Include Promise® Margarine
 (This institution is an equal opportunity provider and employer.)

Offered Daily:

PBJ Sandwich
 Pizza, Deli Sandwich/Sub
 Salad Entrée/Protein
 Assorted cold veggies & fruits/Juice/Milk

Cafeteria Manager:

Dee Dennes: 717-358-1833 ext. #2013
 E-mail: denise_dennes@l-spioneers.org

Soup is available at an **A La Carte Price only \$2.00**