

MONDAY

Our unit breakfast consists of all 3 food components placed on the student's tray

TUESDAY

Food Components:
Whole Grain, Fruits,
Milk

1% White Milk is provided daily.

WEDNESDAY

All breakfast cereals and pastries contain at least 51% whole grain

THURSDAY

1 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

FRIDAY

2 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

5 French Toast
100% fruit juice
Low-Fat White Milk

6 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

7 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

8 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

9 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

12 French Toast
100% fruit juice
Low-Fat White Milk

13 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

14 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

15 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

16 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

19
Holiday Break

20
Holiday Break

21
Holiday Break

22
Holiday Break

23


26
Holiday Break

27
Holiday Break

28
Holiday Break

29
Holiday Break

30


DEC

MENU 2022

GEAR UP FOR THEATER



Families who think they may qualify for free or reduced priced meals are encouraged to apply www.schoolcafe.com

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

Student Breakfast:
\$1.50
Adult Breakfast:
\$3.10



MONDAY

Our lunch meal consists of all 5 food components placed on the student's tray

TUESDAY

Food Components:
Meat/Meat Alternate
Whole Grain
Fruits
Vegetables
Milk

WEDNESDAY

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain.

THURSDAY

1
Mac & Cheese
Vegetables, Fruit
Milk

FRIDAY

2
Cheeseburger
Vegetables, Fruit
Milk

5
Pizza
Vegetables, Fruit
Milk

6
Crispy Taco Tuesday
Vegetables, Fruit
Milk

7
Cheesy Breadsticks
Vegetables, Fruit
Milk

8
Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

9
Cheeseburger
Vegetables, Fruit
Milk

12
Chicken Bites
Vegetables, Fruit
Milk

13
Bean & Cheese Pupusa
Vegetables, Fruit
Milk

14
Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

15
Mac & Cheese
Vegetables, Fruit
Milk

16
Early Release
Cheese Filled Breadstick
Vegetables, Fruit
Milk

19
Holiday Break

20
Holiday Break

21
Holiday Break

22
Holiday Break

23


26
Holiday Break

27
Holiday Break

28
Holiday Break

29
Holiday Break

30


DEC

MENU 2022

GEAR UP FOR THEATER



All 5 food components must be on the tray unless supported by a documented medical or disability need.

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

Student Lunch:
\$2.50
Adult Lunch:
\$4.60

