

MONDAY

Our unit breakfast consists of 3 or more components, at least one must be a fruit or vegetable

TUESDAY

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

WEDNESDAY

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

THURSDAY

1 Biscuit & Sausage
or Cereal or
Mini Waffles
Fruits & Milk

FRIDAY

2 Whole Grain Donut
Cereal or
Mini Pancakes
Fruits & Milk

5 French Toast or
Cereal or
Mini Pancakes
Fruits & Milk

6 Chicken & Waffles or
Cereal or
Mini Waffles
Fruits & Milk

7 Breakfast Pizza or
Cereal or
Mini Pancakes
Fruits & Milk

8 Biscuit & Sausage
or Cereal or
Mini Waffles
Fruits & Milk

9 Whole Grain Donut
Cereal or
Mini Pancakes
Fruits & Milk

12 French Toast or
Cereal or
Mini Pancakes
Fruits & Milk

13 Chicken & Waffles or
Cereal or
Mini Waffles
Fruits & Milk

14 Breakfast Pizza or
Cereal or
Mini Pancakes
Fruits & Milk

15 Biscuit & Sausage
or Cereal or
Mini Waffles
Fruits & Milk

16 Whole Grain Donut
Cereal or
Mini Pancakes
Fruits & 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

1% White Milk and Fat-Free Chocolate Milk are offered daily at breakfast and lunch



MONDAY

Our unit lunch consists of 3 or more components, at least one must be a fruit or vegetable

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 or Chicken Nuggets or Chicken Popper Salad
Vegetables, Fruits
Milk

FRIDAY

2 Cheeseburger or Chicken Corndog or Chicken Popper Salad
Vegetables, Milk
Frozen Fun Friday Fruit!

5 Stuffed Crust Pizza or Chicken Bites
Fruit & Yogurt Plate
Vegetables, Fruits
Milk

6 Crispy Taco Tuesday or Enchiladas or Chicken Popper Salad
Vegetables, Fruits
Milk

7 Pasta & Meatballs or Cheesy Breadsticks or Chicken Popper Salad
Vegetables, Fruits
Milk

8 Chicken Drumstick or Steak Fingers or Chicken Popper Salad
Vegetables, Fruits
Dinner Roll & Milk

9 Cheeseburger or Turkey Hot Dog or Chicken Popper Salad
Vegetables, Milk
Frozen Fun Friday Fruit!

12 Stuffed Crust Pizza or Chicken Bites
Fruit & Yogurt Plate
Vegetables, Fruits
Milk

13 Taco Tuesday or Bean & Cheese Pupusa
Chicken Popper Salad
Vegetables, Fruits
Milk

14 **Holiday Meal!**
Turkey & Gravy
Stuffing & Roll
Mashed Potatoes
Green Beans, Fruit
Milk and a Special Treat

15 Mac & Cheese or Chicken Nuggets or Chicken Popper Salad
Vegetables, Fruits
Milk

16 **Early Release!**
Cheese Filled Breadstick
Vegetables, Milk
Frozen Fun Friday Fruit!

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



New Items for November are underlined!

Peanut Butter & Jelly Sandwich and Grilled Cheese Sandwich are offered daily

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

Student Lunch:
\$2.75
Adult Lunch:
\$4.60

