



Main Lunch Menu – NSP K-8

December 2023

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5- Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1%

unflavored or flavored milk 8oz

6- – 8- Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>November 27</p> <p>School Holiday</p>	<p>November 28</p> <p>Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk <i>National French Toast Day!</i></p>	<p>November 29</p> <p>Italian Meatball Parmesan on WG Hoagie Roll Mixed Vegetables Fruit Milk</p>	<p>November 30</p> <p>WG Chicken Tenders Mashed Potatoes Ketchup Fruit Milk</p>	<p>December 1</p> <p>Early Dismissal</p>
<p>December 4</p> <p>Chicken, Turkey Pepperoni and Cheese Sandwich on WG Bun Carrot Sticks Garbanzo beans Ranch Dressing Mayonnaise Fruit Milk</p>	<p>December 5</p> <p>American Chop Suey Green Beans Fruit Milk</p>	<p>December 6</p> <p>Chicken, Cheddar Cheese, Brown Rice Bake Mixed Vegetables Fruit Milk</p>	<p>December 7</p> <p>Swedish Meatballs WG Dinner Roll Corn Fruit Milk</p>	<p>December 8</p> <p>Grilled Chicken Sandwich WG Sandwich Roll Peas Fruit Milk</p>
<p>December 11</p> <p>Egg and Cheese Sandwich on WG Bagel String Cheese Tater Tots Ketchup Fruit Milk <i>National Have a Bagel Day!</i></p>	<p>December 12</p> <p>Potato and Cheese Pierogis Cooked Carrots Fruit Milk</p>	<p>December 13</p> <p>Turkey and Cheese Sandwich on WG Bun Fresh Broccoli Garbanzo Beans Ranch Dressing Mayonnaise Fruit Milk</p>	<p>December 14</p> <p>Grilled Chicken in Gravy Biscuit Green Beans Fruit Milk <i>National Biscuits and Gravy Day!</i></p>	<p>December 15</p> <p>Taco Beef w/Cheddar Cheese Brown Rice Corn Milk</p>
<p>December 18</p> <p>Turkey Ham and Cheese on WG Bun Carrot Sticks Ranch Dressing Mayonnaise Fruit Milk</p>	<p>December 19</p> <p>Mac & Cheese w. WG Pasta Mixed Vegetables Fruit Milk</p>	<p>December 20</p> <p>Turkey Sausage String Cheese WG French Toast Fresh Broccoli Garbanzo Beans Fruit Milk</p>	<p>December 21</p> <p>Hamburger Slider Cheddar Cheese WG Bun Tator Tots Ketchup Fruit Milk <i>National Hamburger Day!</i></p>	<p>December 22</p> <p>Early Dismissal</p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos