

December 2023

Breakfast Menu

Cafeteria and Grab & Go Cart - Jane Addams & Will Rogers

MON	TUES	WED	THURS	FRI
11/27	28	29	30	12/1
Mantecada (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk	Variety Bagels with Cream Cheese (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk	Waffle with Strawberries & Turkey Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk	Blueberry Yogurt Cup with Granola (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk	Honeywheat Breakfast Bar (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk
4	5	6	7	8
Double Chocolate Chip Muffin (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk	Concha (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk	French Toast with Glazed Peaches (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk	Banana Chocolate Chunk BeneFit Bar (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk	Pancake Squares with Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk
11	12	13	14	15
Mantecada (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk	Variety Bagels with Cream Cheese (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk	Waffle with Strawberries & Turkey Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk	Blueberry Yogurt Cup with Granola (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk	Honeywheat Breakfast Bar (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk
18	19	20	21	22
Double Chocolate Chip Muffin (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk	Concha (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk	French Toast with Glazed Peaches (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk	Banana Chocolate Chunk BeneFit Bar (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk	Pancake Squares with Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk
25	26	27	28	29
Winter Break *School not in session*	Winter Break *School not in session*	Winter Break *School not in session*	Winter Break *School not in session*	Winter Break *School not in session*

(v) = Vegetarian
(p) = Contains Pork

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December 2023

Lunch Menu

Cafeteria - Jane Addams & Will Rogers

LR: Start 2 week cycle menu for MS in December. Sample below.

MON	TUES	WED	THURS	FRI	
11/27		11/28		11/29 Minimum Day	
				11/30	
				12/1	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Drumstick & Waffle Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) Seasonal Fresh Fruit: Two Options Jicama w/ Tajin, Chili Lime Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza Tex Mex Chili with Tortilla Chips Cheese Pizza (v) Mixed Fruit & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	BBQ Chicken Drumstick & Cornbread Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) Seasonal Fresh Fruit: Two Options Jicama w/ Tajin, Chili Lime Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza Tex Mex Chili with Tortilla Chips Cheese Pizza (v) Mixed Fruit & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	
Grass Fed Beef Hamburger Mandarin Orange Chicken Bowl w/ Broccoli Chipotle Black Bean Burger (v) Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Drumstick & Waffle Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) Seasonal Fresh Fruit: Two Options Jicama w/ Tajin, Chili Lime Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza Tex Mex Chili with Tortilla Chips Cheese Pizza (v) Mixed Fruit & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	
Grass Fed Beef Hamburger + WG Star Cookie Mandarin Orange Chicken Bowl w/ Broccoli + WG Star Cookie Chipotle Black Bean Burger (v) + WG Star Cookie Seasonal Fresh Fruit: Two Options Corn, Pickles, Jalapeño, Baby Carrots w/ Ranch Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	BBQ Chicken Drumstick & Cornbread Bean & Cheese Pupusa with Curtido (v) Seasonal Fresh Fruit: Two Options Cucumbers with Tajin, Jalapeño Garden Fresh Tossed Salad (v) 8 oz NF or 1% White Milk or NF Chocolate	Tamale: Chicken & Red Sauce + String Cheese + Beans Mozzarella Stuffed Breadsticks with Marinara Sauce (v) Seasonal Fresh Fruit: Two Options Jicama w/ Tajin, Chili Lime Chickpeas Shredded Lettuce & Cheese (v) 8 oz NF or 1% White Milk or NF Chocolate	Chicken Sandwich (Regular or Spicy) Teriyaki Chicken Dumplings w/ Veggies Bean & Cheese Burrito (v) Seasonal Fresh Fruit Baby Carrots with Ranch Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	Pepperoni Pizza Tex Mex Chili with Tortilla Chips Cheese Pizza (v) Wild Berry Ice (Frozen Juice Cup) & Seasonal Fresh Fruit Baby Carrots w/ Ranch, Jalapeño Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese 8 oz NF or 1% White Milk or NF Chocolate	
Winter Break *School not in session*		Winter Break *School not in session*		Winter Break *School not in session*	

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December 2023

Lunch Menu

Grab & Go Cart - Jane Addams & Will Rogers

MON	TUES	WED	THURS	FRI
11/27	11/28	11/29	11/30 Minimum Day	12/1
PopTart Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken B-Day Cake Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Krypton Caesar Salad w/ Chicken PB & J Lunch Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Protein Power Pack Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate
4	5	6	7	8
Rice Krispies Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Protein Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Chicken Caesar Salad Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	PB & J Lunch Box (v) Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate
11	12	13	14	15
PopTart Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken B-Day Cake Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Krypton Caesar Salad w/ Chicken PB & J Lunch Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Protein Power Pack Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate
18	19	20	21	22
Rice Krispies Bento Box (v) + WG Star Cookie Chicken Caesar Salad + WG Star Cookie Yogurt Parfait + WG Star Cookie Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Protein Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Chicken Caesar Salad Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	PB & J Lunch Box (v) Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate
25	26	27	28	1/28
Winter Break *School not in session*	Winter Break *School not in session*	Winter Break *School not in session*	Winter Break *School not in session*	Winter Break *School not in session*

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