

# December 2023

Lunch includes entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

## Local Harvest of the Month is Lentils

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST:</b> Students: \$2.00 Reduced: .30 Adult: \$2.25	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Egg, Ham, Cheese on English Muffin w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt/Sausage Fruit and Milk	Muffin w/ String Cheese, Fruit, Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
<b>LUNCH:</b> Students: \$3.25 Reduced: .40 Adult: \$4.25  <b>Now Local:</b> Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
					1 Chicken Patty on WG Bun, Hoagie, PBJ
	4 Cheeseburger on WG Bun w/ Baked Chips, Hoagies, PBJ	5 Pizza, Hoagies, PBJ	6 Pizza, Corn Dog, PBJ	7 Pizza, Burritos, PBJ	8 Chicken Patty on WG Bun, Hoagie and PBJ
	11 Cheeseburger w/ Baked Chips, Hoagies, PBJ	12 Pizza, Hoagies, PBJ	13 Pizza, Corn Dog, PBJ	14 Hamburger Gravy, Mashed Potatoes, Dinner Roll, Mini Pumpkin Pie, Pizza	15 Chicken Patty on WG Bun, Hoagie, or PBJ
	18 Cheeseburger w/ Baked Chips, Hoagie or PBJ	19 Pizza, Hoagies, PBJ	20 Pizza, Corn Dog, PBJ	21 NO SCHOOL	22 NO SCHOOL
	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				