



Main Lunch Menu

December 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 School Holiday	December 3 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk	December 4 Grilled Cheese Sandwich on WGR Bread Celery sticks w/Ranch Fruit Milk	December 5 Meatloaf w/Beef Gravy WGR Dinner Roll Mixed Vegetables Fruit Milk "National Comfort Food Day"	December 6 Early Dismissal
December 9 Beef Riblet w/BBQ Sauce WGR Dinner Roll Green Beans Fruit Milk	December 10 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk	December 11 Mac & Cheese w/ WGR Pasta Mixed Vegetables Fruit Milk	December 12 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk	December 13 WGR Cheese Pizza Celery & Carrots w/ Ranch Fruit Milk
December 16 Grilled Chicken w/ Gravy WGR Biscuit Carrots Fruit Milk "National Biscuits & Gravy Day"	December 17 Meatballs in Marinara Sauce WGR Hoagie Roll Mixed Vegetables Fruit Milk	December 18 Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk	December 19 Baked Ham Steak WGR Dinner Roll Green Beans Fruit Milk	December 20 Early Dismissal
December 23	December 24	December 25 Merry Christmas!!	December 26	December 27
C H R I S T M A S H O L I D A Y S				
December 30	December 31	January 1 Happy New Year!!	January 2	January 3
C H R I S T M A S H O L I D A Y S				

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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, Blueberries