

December High School Menu



Week 2	12/2 Monday	12/3 Tuesday	12/4 Wednesday	12/5 Thursday	12/6 Friday
Breakfast	Yogurt/Giant Goldfish (12) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Breakfast Pizza (31) Cereal (25)w/ Power Snacks(7) Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Cinnamon Roll (52) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Confetti Mini Pancakes (36) Cereal (25)w/ Power Snacks(7) Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Banana Bread (46) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)
Rotation Station	Mini Corn Dogs (27) Chicken Caesar Salad (39) Chicken Caesar Wrap (55)	Philly Pinwheel (32) Chicken Caesar Salad (39) Chicken Caesar Wrap (55)	Breaded Chx Drum (Quan 2) Carb 12g WG Roll Chicken Caesar Salad (39) Chicken Caesar Wrap (55)	Orange Chicken(20) Fried rice(27) Chicken Caesar Salad (39) Chicken Caesar Wrap (55)	Beef Taco Stick (32) Chicken Caesar Salad (39) Chicken Caesar Wrap (55)
Garden Cafe Burger Grille Pizza Parlour Vegetable	Burger Grille(31) Pizza Variety(35) Tater Smiles (31)	Burger Grille(31) Pizza Variety(35) Steamed Carrots	Burger Grille(31) Pizza Variety(35) Baked Beans (26)	Burger Grille(31) Pizza Variety(35) Steamed Broccoli	Burger Grille(31) Pizza Variety(35) Sliced Cucumbers
Week 3	12/9 Monday	12/10 Tuesday	12/11 Wednesday	12/12 Thursday	12/13 Friday
Breakfast	Breakfast Bar (31) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Cheese Omelet IW DST (2) Cereal (25)w/ Power Snacks(7) Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	WG Powdered Donuts (41) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Pancake Sausage Stick (16) Cereal (25)w/ Power Snacks(7) Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	French Toast Stick(DST) (38) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)
Rotation Station	Beef & Cheese Tacos (36) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Pot Stickers (31) Stir Fried Rice (27) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Breaded Ravioli (64) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Chicken Fajita Bowl(20) Wg Tortillas (48) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)	Chicken Nuggets (13) WG Roll (25) Buffalo Chicken Salad (37) Buffalo Chicken Wrap (50)
Garden Cafe Burger Grille Burger Grille Pizza Parlour Vegetable	Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) Refried Beans	Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) California Vegetables 1/2	Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) Sweet Waffle Fries (34)	Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) Spinach Mandarin Salad	Buffalo Chicken Wrap (50) Burger Grille(31) Pizza Variety(35) Tater Tots (22)
Week 4	12/16 Monday	12/17 Tuesday	12/18 Wednesday	12/19 Thursday	12/20 Friday
Breakfast	Benefit Bar Variety (see package) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Turkey Egg Bites(DST) (6) Cereal (25)w/ Power Snacks(7) Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Muffin Varies by Month(4,6-47) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Egg Sandwich(DST) (21) Cereal (25)w/ Power Snacks(7) Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)	Strawberry Mini Bagels (42) Cereal (25) w/ String Cheese Cottage Cheese (see packaging)/Crackers(see packaging) Protein Pack(muffin 20, craisin-see pack.)
Rotation Station	Red Tamale (2) Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Ranch Beans 1/2c (23)	Chicken Penne Alfredo (46) Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Carroteenies	Mozzarella Pull-Aparts (29) Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Steamed Veggie Blend	Popcorn Chicken Bowl (39) Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Mashed Potatoes(15)	Beef Fiestada (43) Chicken Taco Salad (32) Turkey Sub (38) Pizza Variety(35) Fresh Broccoli w/Ranch
Garden Cafe Burger Grille Pizza Parlour Vegetable	Turkey Sub (38) Pizza Variety(35) Ranch Beans 1/2c (23)	Turkey Sub (38) Pizza Variety(35) Carroteenies	Turkey Sub (38) Pizza Variety(35) Steamed Veggie Blend	Turkey Sub (38) Pizza Variety(35) Mashed Potatoes(15)	Turkey Sub (38) Pizza Variety(35) Fresh Broccoli w/Ranch

Offered Everyday at Breakfast:

**1% White Milk
Fat Free White Milk
Fat Free Flavored Milk
100% Fruit Juice**

Offered Every Day at Lunch:

**Fresh Fruit and Vegetable Bar
1% White Milk
Fat Free White Milk
Fat Free Flavored Milk**

All meals comply with the National School Breakfast and Lunch Programs for nutrition guidelines.

() Indicates Carbohydrate Count

Menu Subject to change based on availability.

This institution is an equal opportunity provider.