

December Middle School Menu



Week 2	12/2 Monday	12/3 Tuesday	12/4 Wednesday	12/5 Thursday	12/6 Friday
Breakfast	4oz Yogurt/Giant Goldfish Cereal (25)w/ Power Snacks(7)	Breakfast Pizza (31) Cereal (25)w/ String Cheese	Cinnamon Roll (52) Cereal (25)w/ Graham (19)	Confetti Mini Pancakes (36) Cereal (25)w/ String Cheese	Banana Bread (4,6) Cereal(25) w/ GoGurt(14)
Lunch	Mini Corn Dogs (27) or Cheese (35)/Pepperoni Pizza (33)	Philly Pinwheel (32) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chx Drum (Quan 2) Carb 12g WG Roll (25) or Cheese (35)/Pepperoni Pizza (33)	Orange Chicken(20) Fried Rice(27) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Beef Taco Stick (32) or Cheese (35)/Pepperoni Pizza (33)
Vegetable	Tater Smiles (31)	Steamed Carrots	Baked Beans (26)	Steamed Broccoli	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/ Power Snacks(7)	Cheese Omelet IW (2) Cereal (25)w/ String Cheese	WG Powdered Donuts (41) Cereal (25)w/ Graham (19)	Pancake Sausage Stick (16) Cereal (25)w/ String Cheese	French Toast Stick (38) Cereal(25) w/ GoGurt(14)
Lunch	Beef & Cheese Tacos (36) or Cheese (35)/Pepperoni Pizza (33)	Pot Stickers (31) Fried Rice(27) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chicken Sandwich (4,8) or Cheese (35)/Pepperoni Pizza (33)	Breaded Ravioli (64) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Chicken Nuggets (13) or Cheese (35)/Pepperoni Pizza (33)
Vegetable	Refried Beans (28)	California Vegetables 1/2	Sweet Waffle Fries (34)	Spinach Mandarin Salad	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/ Power Snacks(7)	Turkey Egg Bites (6) Cereal (25)w/ String Cheese	Muffin Varies by Month(4,6-47) Cereal (25)w/ Power Snacks(7)	Egg Sandwich (21) Cereal (25)w/ String Cheese	Strawberry Mini Bagels (4,2) Cereal (25)w/ String Cheese
Lunch	Beef Sliders (29) or Cheese (35)/Pepperoni Pizza (33)	Chicken Penne Alfredo (4,6) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Mozzarella Pull-Aparts (29) Dinner Roll(11) or Cheese (35)/Pepperoni Pizza (33)	Popcorn Chicken Bowl (39) Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Beef Fiestada (4,3) Cheese (35)/Pepperoni Pizza (33)
Vegetable	Ranch Beans 1/2c (23)	Carroteenies	Steamed Veggie Blend	Mashed Potatoes(15)	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.