



# DECEMBER | 2024

## Middle & High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>NO SCHOOL</b> (PD Day – Staff Only)	<b>3</b> CHOICE: Soft Taco 17g each Bosco Sticks 17g each Boneless Wings w/Breadstick 36g  Served with: Refried Beans 28g Fresh Broccoli, Tomatoes, Cucumbers, Fruit & Milk	<b>4</b> CHOICE: Mozzarella Sticks 32g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g  Served with: Green Beans 4g Fresh Carrots, Tomatoes, Cauliflower, Fruit & Milk	<b>5</b> CHOICE: Scrambled Eggs 2g w/French Toast 35g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Swt Potato Fries 25g Fresh Broccoli, Tomatoes, Celery, Fruit & Milk	<b>6</b> CHOICE: Cheese or Pepperoni Pizza 27g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Caesar Salad 5g w/Croutons 5g Fresh Carrots, Cauliflower, Cucumbers, Fruit & Milk
<b>9</b> CHOICE: Chicken Tenders w/Goldfish Crackers 35g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: French Fries 18g Fresh Carrots, Broccoli, Celery, Fruit & Milk	<b>10</b> CHOICE: Philly Beef Sandwich 31g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g  Served with: Baked Beans 29g Fresh Broccoli, Tomatoes, Cucumbers, Fruit & Milk	<b>11</b> CHOICE: Ravioli w/Marinara 38g & Breadsticks 26g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: California Blend 3g Fresh Carrots, Tomatoes, Cauliflower, Fruit & Milk	<b>12</b> SPECIAL HOLIDAY MEAL <b>*FREE FOR ALL STUDENTS*</b>  <b>ROASTED TURKEY            MASHED POTATOES            W/GRAVY *optional            DINNER ROLL            FRUIT &amp; MILK</b>	<b>13</b> CHOICE: Pizza Crunchers 31g MS / 41g HS Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: Broccoli 5g w/Cheese Sauce 3g Fresh Carrots, Cauliflower, Cucumbers, Fruit & Milk
<b>16</b> CHOICE: Chicken Nuggets 26g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Mashed Potatoes 14g, *optional Gravy 6g Fresh Carrots, Broccoli, Celery, Fruit & Milk	<b>17</b> CHOICE: Nachos (Chips 33g, Meat 5g, Cheese Sauce 2g) Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Refried Beans 28g Fresh Broccoli, Tomatoes, Cucumbers, Fruit & Milk	<b>18</b> CHOICE: Pancakes 35g w/ Sausage 0g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Smile Potatoes 20g Fresh Carrots, Tomatoes, Cauliflower, Fruit & Milk	<b>19</b> CHOICE: Grilled Cheese 27g Goldfish(HS) 14g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Tomato Soup 27g Fresh Broccoli, Tomatoes, Celery, Fruit & Milk	<b>20</b> CHOICE: French Bread Pizza 23g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Caesar Salad 5g w/Croutons 5g Fresh Carrots, Cauliflower, Cucumbers, Fruit & Milk
<b>23</b> <b>NO SCHOOL</b> (Christmas Break)	<b>24</b> <b>NO SCHOOL</b> (Christmas Break)	<b>25</b> <b>NO SCHOOL</b> (Christmas Break)	<b>26</b> <b>NO SCHOOL</b> (Christmas Break)	<b>27</b> <b>NO SCHOOL</b> (Christmas Break)
<b>30</b> <b>NO SCHOOL</b> (Christmas Break)	<b>31</b> <b>NO SCHOOL</b> (Christmas Break)	<b>1</b>	<b>2</b>	<b>3</b>

### PARENT INFO

#### HS/MS STUDENT PRICES:

Breakfast: FREE  
 Full price MS lunch: \$2.90  
 Full price HS lunch: \$3.10  
 Student Salad: \$3.40  
 Reduced price MS/HS lunch: \$0.40  
 FREE (waived for the 24-25 school year)  
 Free lunch: FREE  
 \*\*STUDENTS MUST HAVE ADEQUATE MONEY ON THEIR ACCOUNT IN ORDER TO PURCHASE ANY OF THE ITEMS IN RED! A la carte, extra main dish, extra fruit or veggie, and Milk(only).

#### DAILY MAIN DISH OPTIONS:

Three rotating hot options listed on each day's menu. In addition to these options: PBJ Uncrustable  
 Chef Salad

#### SAUCE PACKETS AVAILABLE, DEPENDING ON THE MAIN MENU

**ITEM - CARB COUNTS:** Ketchup 2g, Mustard 0g, Mayo 1g, BBQ Sauce 10g, Syrup 30g, Salsa 2g, Taco Sauce 1g

#### FRESH FRUIT & VEGGIES

A variety of fresh veggies with ranch 2g will be offered daily, along with many fresh fruit options.

#### BREAKFAST

Breakfast is FREE and served in two convenient locations in the hallway, between 7:45 am - 7:55 am. All middle and high school students are encouraged to take FREE breakfast!

Menu is subject to change. The average carb count for canned fruit = 19-22g per ½ cup serving and fruit juice averages 13g carbs. The average carb count for ½ cup fresh raw vegetables = 5.4g. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.