DECEMBER 2026

LUNCH – Middle and High Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHOICE: **Breaded Chicken Sandwich** 41g **Alternate Main: Cheeseburger** 27g **Served with: Baked Beans** 23g **Fresh Tomatoes, Celery, Fruit & Milk**	2 CHOICE: **Mac n' Cheese Bites** MS 21g / HS 27g **Alternate Main: Cheeseburger** 27g **Served with: Green Beans** 4g **Fresh Broccoli, Cucumbers, Fruit & Milk**	3 CHOICE: **Pancakes** 41g **w/Sausage** 2g **Alternate Main: Cheeseburger** 27g **Served with: Hash Browns** 15g **Fresh Tomatoes, Carrots, Fruit & Milk**	4 CHOICE: **French Bread Pizza** 23g **Alternate Main: Cheeseburger** 27g **Served with: Steamed Broccoli** 5g **w/cheese** 2g **Fresh Broccoli, Celery, Fruit & Milk**
7 CHOICE: **Chicken Nuggets** 26g **Alternate Main: Breaded Chicken Sandwich** 40g **Served with: Mashed Potatoes** 15g **w/gravy** 6g **Fresh Broccoli, Carrots, Fruit & Milk**	8 CHOICE: **Tangerine Chicken** MS 17g / HS 26g **w/Fried Rice** MS 26g / HS 52g **+ Fortune Cookie** 3g **Alternate Main: Breaded Chicken Sandwich** 40g **Served with: Normandy Blend** 3g **Fresh Tomatoes, Celery, Fruit & Milk**	9 CHOICE: **Cheeseburger** 27g **Alternate Main: Breaded Chicken Sandwich** 40g **Served with: French Fries** 20g **Fresh Broccoli, Cucumbers, Fruit & Milk**	10 HOLIDAY MEAL *FREE FOR ALL STUDENTS* **Cooper Farms Roasted Turkey** **Mashed Potatoes w/Gravy *optional** **Dinner Roll** **Special Treat** **Fruit & Milk**	11 CHOICE: **Cheese or Pepperoni Pizza** 43g **Alternate Main: Breaded Chicken Sandwich** 40g **Served with: Caesar Salad** 3g **w/Croutons** 5g, **Fresh Broccoli, Celery, Fruit & Milk**
14 CHOICE: **Chicken Tenders** 21g **+ Grahams** 11g **Alternate Main: BBQ Rib Sandwich** 38g **Served with: Glazed Carrots** 10g **Fresh Broccoli, Carrots, Fruit & Milk**	15 CHOICE: **BBQ Pork Sandwich** 41g **Alternate Main: BBQ Rib Sandwich** 38g **Served with: Baked Beans** 23g **Fresh Tomatoes, Celery, Fruit & Milk**	16 CHOICE: **Fiestada** 28g **Alternate Main: BBQ Rib Sandwich** 38g **Served with: Wedge Fries** 18g **Fresh Broccoli, Cucumbers, Fruit & Milk**	17 CHOICE: **Steak Alfredo (Steak** MS 2g / HS 3g **Alfredo** 16g**) + Breadstick** 13g **Alternate Main: BBQ Rib Sandwich** 38g **Served with: Green Beans** 4g **Fresh Tomatoes, Carrots, Fruit & Milk**	18 CHOICE: **Cheesy Bread** 29g **Alternate Main: BBQ Rib Sandwich** 38g **Served with: Steamed Broccoli** 5g **w/cheese** 2g **Fresh Broccoli, Celery, Fruit & Milk**
21 **NO SCHOOL** **Christmas Break**	22 **NO SCHOOL** **Christmas Break**	23 **NO SCHOOL** **Christmas Break**	24 **NO SCHOOL** **Christmas Break**	25 **NO SCHOOL** **Christmas Break**
28 **NO SCHOOL** **Christmas Break**	29 **NO SCHOOL** **Christmas Break**	30 **NO SCHOOL** **Christmas Break**	31 **NO SCHOOL** **Christmas Break**	

PARENT INFO

HS/MS STUDENT PRICES:

Breakfast: FREE
Full price MS lunch: $3.00
Full price HS lunch: $3.20
Student Salad: $3.50
Reduced price MS/HS lunch: ~~$0.40~~
FREE (waived for the 26-27 school year)
Free lunch: FREE
***STUDENTS MUST HAVE ADEQUATE MONEY ON THEIR ACCOUNT IN ORDER TO PURCHASE ANY OF THE FOLLING ITEMS:* A la carte/Snack items, extra main dish, extra fruit or veggie, and Milk (only).

DAILY MAIN DISH OPTIONS:

One main and one additional hot option listed on each day's menu. In addition to these options: PBJ Uncrustable, Chef Salad meals are available.

SAUCE PACKETS AVAILABLE, DEPENDING ON THE MAIN MENU ITEM - CARB COUNTS: Ketchup 2g, Mustard 0g, Mayo 1g, BBQ Sauce 8g, 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 – 8:00 am. All middle and high school students are encouraged to take FREE breakfast! Breakfast includes: 2 grains or 1 grain + 1 meat/meat alternative, 100% fruit juice and/or fruit, and milk.

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 12g, chocolate milk is 20g and strawberry milk is 19g. We follow Offer vs. Serve policy. This institution is an equal opportunity.