Middle School Menus **December 2026**

Reminders For Families

All students eat meals at no cost again this year.

Every complete meal we serve comes with choice of entree, garden bar, and your choice of low fat white or nonfat chocolate milk.

To make a lunch, choose at least one fruit/juice or veggie, and 3 to 5 items (grain, milk, protein, fruit/juice, veggie) total.

Other daily lunch options: Deli Sandwich, Soup, Large Salad, Pizza (select varieties)



REALLY HOT CHOCOLATE

The ancient Mayans made chocolate drinks over 1500 years ago.

They added hot peppers, ground corn, and a mix of spices to the dish.



- *This institution is an equal opportunity provider and employer.*
- *Our kitchens do not serve items containing pork.*
- ***VG** = Vegetarian; **GF** = Gluten Free*

	Tuesday, Dec. 1	Wednesday. Dec. 2	Thursday, Dec. 3	Friday, Dec. 4
	Breakfast Egg-Cellent Bites With Sausage ***GF*** or Mini Pancakes ***VG*** or Continental Breakfast **Lunch** Cheese Pizza ***VG*** or Beef & Cheese Taco ***GF*** or Chef Salad	**Breakfast** Fiesta Breakfast ***VG*** Burrito or Chex Cereal ***GF*** or Continental Breakfast **Lunch** Bean & Cheese Pupusa ***VG*** ***GF*** or Cheeseburger or Chicken Caesar Salad	**Breakfast** Taquito with Potato & Cheese ***VG*** ***GF*** or Happy Hard Boil Egg ***GF*** or Continental Breakfast **Lunch** Cheesy Breadsticks ***VG*** or Turkey & Gravy Mashed Potatoes ***GF*** or Mediterranean Salad ***VG***	**Breakfast** Cinnamon Roll ***VG*** or Cheerios Cereal ***GF*** or Continental Breakfast **Lunch** Bean & Cheese Burrito ***VG*** or Crunchy Fish Sticks & Chips or Asian Chicken Salad Cookie
Monday, Dec. 7	**Tuesday, Dec. 8**	**Wednesday, Dec. 9**	**Thursday, Dec. 10**	**Friday, Dec. 11**
Breakfast Sunrise Breakfast Sandwich or Granola Cereal or Continental Breakast **Lunch** Breakfast For Lunch (French Toast, Hashbrown & Yogurt) ***VG*** **or** Beef Chilli & Beans ***GF*** with Cornstars or Taco Salad	**Breakfast** Yogurt Parfait ***VG*** or Scone ***VG*** or Continental Breakfast **Lunch** Cheese Pizza ***VG*** or Chicken Taco ***GF*** or Chef Salad	**Breakfast** Mini Waffles ***VG*** or Hot Oatmeal w/ Berries ***VG*** or Continental Breakfast **Lunch** Macaroni & Cheese ***VG*** or Chicken Sandwich or Chicken Caesar Salad	**Breakfast** Egg-Cellent Bites w/ Sausage & Cheese ***GF*** or Cinni Minis ***VG*** or Continental Breakfast **Lunch** Cheesy Breadsticks ***VG*** or Orange Chiken Rice Bowl or Mediterranean Salad ***VG***	**Breakfast** French Toast Sticks ***VG*** or Cheerios Cereal ***GF*** or Continental Breakfast **Lunch** Grilled Cheese Sandwich ***VG*** or Chicken Tenders or Asian Chicken Salad Cookie

Monday, Dec. 14	Tuesday, Dec. 15	Wednesday, Dec. 16	Thursday, Dec. 17	Friday, Dec. 18
Breakfast Cheesy Breadsticks *VG* or Hot Oatmeal w/ Berries *GF* or Continental Breakfast **Lunch** Breakfast For Lunch (French Toast, Hashbrown & Yogurt) *VG* or Turkey & Cheese Sandwich or Taco Salad	**Breakfast** Egg-Cellent Bites With Sausage *GF* or Mini Pancakes *VG* or Continental Breakfast **Lunch** Cheese Pizza *VG* or Beef & Cheese Taco *GF* or Chef Salad	**Breakfast** Fiesta Breakfast *VG* Burrito or Chex Cereal *GF* or Continental Breakfast **Lunch** Bean & Cheese Pupusa *GF* or Cheeseburger or Chicken Caesar Salad	**Breakfast** Taquito with Potato & Cheese *GF* or Happy Hard Boil Egg *GF* or Continental Breakfast **Lunch** Cheesy Breadsticks *VG* or Turkey & Gravy Mashed Potatoes *GF* or Mediterranean Salad *VG*	**Breakfast** Cinnamon Roll *VG* or Cheerios Cereal *GF* or Continental *VG* Breakfast **Lunch** Chef's Choice or Asian Chicken Salad Cookie

Happy Holidays!



We'll see you again in 2027!

Monday, Dec. 21 - Friday, Jan. 1