



## Lunch Menu

K-8<sup>th</sup> Grade

December 2022

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6<sup>th</sup> – 8<sup>th</sup> Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low

Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 28</b>  <b>School Holiday</b>	<b>November 29</b> <b>Beef Chili</b> Mashed Potatoes Shredded Cheddar Cheese Dinner Roll Fruit Milk	<b>November 30</b> <b>Turkey &amp; Cheddar Cheese on WW Bread</b> Tomato/Cucumber Salad Mayonnaise WG Dinner Roll Fruit Milk	<b>December 1</b> <b>Mac &amp; Cheese w/ WG Pasta</b> Peas & Carrots Fruit Milk	<b>December 2</b>  <b>Early Dismissal</b>
<b>December 5</b> <b>Turkey Ham Steak</b> Whole Wheat Bread Peas & Carrots Fruit Milk	<b>December 6</b> <b>Beef BBQ on WG Bun</b> Sweet Potato Fries Fruit Milk	<b>December 7</b> <b>SW Chicken Wrap on WG Flour Tortilla w/ Cheddar Cheese &amp; Salsa Ranch Dressing</b> Carrot Sticks (cooked carrots) Ranch Dressing Fruit Milk	<b>December 8</b> <b>Hamburger Macaroni &amp; Cheese w/ WG Pasta</b> Green Beans Fruit Milk	<b>December 9</b> <b>Egg Patty w/ American Cheese</b> English Muffin w/ Butter Breakfast Potatoes Fruit Milk
<b>December 12</b> <b>Taco Beef</b> WG SunChips Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk	<b>December 13</b> <b>Sweet &amp; Sour Chicken</b> Brown Rice Green Beans Fruit Milk	<b>December 14</b> <b>Turkey Sausage w/ Gravy</b> Biscuit Peas Fruit Milk	<b>December 15</b> <b>Turkey Ham &amp; Cheddar Cheese on WG Bun</b> Baby Carrots & Fresh Broccoli Fruit Mayo Milk	<b>December 16</b> <b>Hamburger</b> Sliced Cheddar Cheese WG Sandwich Bun Potato Wedges Ketchup Fruit Milk
<b>December 19</b> <b>Baked Ziti w/ Ground Beef (WG Pasta w/ tomato sauce and mozz cheese)</b> Green Beans Fruit Milk	<b>December 20</b> <b>WG Chicken Tenders</b> Mashed Potatoes Fruit Honey Mustard Milk	<b>December 21</b> <b>Turkey &amp; Cheese Sandwich</b> Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Lite Ranch Dressing Milk	<b>December 22</b> <b>Swedish Meatballs</b> WG Pasta w/ Butter Green Beans Fruit Milk	<b>December 23</b>  <b>Early Dismissal</b>
<b>December 26</b>	<b>December 27</b>	<b>December 28</b>	<b>December 29</b>	<b>December 30</b>
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <b>C H R I S T M A S                      H O L I D A Y S</b> </div>				

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos