





# December Lunch

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b></p> <p><b>Cheesy Italian Bake w/Roll</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Carrots            Peaches            Ranch Dressing</p> 	<p><b>2</b></p> <p><b>BBQ Chicken Sandwich</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Celery Sticks            Grapes            Ranch Dressing</p>
<p><b>5</b></p> <p><b>Chicken Tenders w/Belly Bears</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Apples            Peaches Cups            Ranch Dressing            Catsup</p>	<p><b>6</b></p> <p><b>Turkey Tacos w/Cheese</b>  <b>Yogurt &amp; Graham Crackers</b>            Seasoned Pinto Beans            Shredded Lettuce            Grapes            Pineapple            Salsa</p>	<p><b>7</b></p> <p><b>Spaghetti w/Beef Sauce &amp; Roll</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Strawberry Cups            Applesauce            Ranch Dressing</p>	<p><b>8</b></p> <p><b>Chicken Pot Pie w/Honey Wheat Biscuit</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Orange Wedges            Pears            Ranch Dressing</p>	<p><b>9</b></p> <p><b>*Chili Verde Rice Bowl</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Carrot Sticks            Fruit Mix            Ranch Dressing</p>
<p><b>12</b></p> <p><b>Mac &amp; Cheese w/Roll</b>  <b>Yogurt &amp; Graham Crackers</b>            Steamed Green Beans            Romaine Salad            Mixed Berry Cups            Pear            Ranch Dressing</p>	<p><b>13</b></p> <p><b>Teriyaki Beef Dippers w/Rice</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Garbanzo Beans            Grapes            Ranch Dressing</p>	<p><b>14</b></p> <p><b>Combo Burrito</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Bananas            Apricot Cups            Salsa            Ranch Dressing</p>	<p><b>15</b></p> <p><b>Pozole with Red Sauce (Turkey)</b>  <b>Yogurt &amp; Graham Crackers</b>            Shredded Cabbage            Peaches            Celery Sticks            Ranch Dressing            Salsa</p>	<p><b>16</b></p> <p><b>*Pepperoni Pizza</b>  <b>Yogurt &amp; Graham Crackers</b>            Romaine Salad            Strawberry Cups            Apricots            Ranch Dressing</p>

## WINTER BREAK: DECEMBER 19, 2022 – JANUARY 9, 2023



Menu subject to change without notice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

\*MENU ITEM CONTAINS PORK