

A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

A Cold Menu Option is offered each day as a second choice.

Monday: Soybutter & Jelly Sandwich & **Marinated Chickpea Salad** & **Carrots** & Yogurt (Grahams for older students)

Tuesday: Chicken Chef Salad with 2 Dinner Rolls (Potato Salad for older students)

Wednesday: Chicken Ranch Pita & **Carrot Raisin Salad** & **Broccoli Buds** and Ranch

Thursday: Ham & Cheese Sandwich with mustard packet & **Marinated Tomato Salad** (Diced Cucumbers for older students)

Friday: Turkey & Cheese Pita with salad dressing packet & **Tossed Salad** (Cucumber with Ranch for older students)

Sun Mon

Tue

Wed

Thu

Fri

Sat



4

Stuffed Cheese Breadsticks
Marinara Sauce
Seasoned Peas
Spiced Pears

Older Students
Graham Cracker

11

Whole Grain Mini Chicken Corn Dogs
Ketchup & Mustard
Seasoned Corn
Pumpkin Pudding
Warm Cinnamon Applesauce
Older Students
Strawberry Kiwi 100% Juice

18

Hamburger on Whole Grain Bun
Peas & Carrots
Vegetarian Baked Beans
Ketchup & Mustard
Strawberry Parfait

Older Students
Grape Juice

5

Whole Grain Rotini Beef Pasta Bake
Seasoned Broccoli
Whole Grain Dinner Roll
Mixed Fruit

12

Reduced Fat Macaroni & Cheese
Whole Grain Breadstick
Seasoned Broccoli
Mixed Fruit

19

Whole Grain Bean & Cheese Burrito
Corn with Peppers
Salsa Cup
Spiced Peaches

6

Reduced Fat Taco Meat and Cheese Sauce
Whole Grain Tortilla Chips
Salsa
Refried Beans
Strawberry Banana Applesauce
Older Students
Rips Blue Raspberry Slushie

13 **Holiday Lunch**

Lasagna Roll Up with **Marinara Sauce**
Whole Grain Garlic Twiz Stick
Green Bean Casserole
Warm Apple Crisp

Older Students
Fresh Banana

20

Chicken Parmesan
Whole Grain Dinner Roll
Seasoned Broccoli
Mixed Vegetables
Spiced Pears

7

Whole Grain Chicken Patty on Whole Grain Bun
BBQ Sauce Packet
Seasoned Green Beans
Whipped Sweet Potatoes
Diced Peaches

14

Whole Grain Chicken Tenders
Whole Grain Dinner Roll
BBQ Sauce Packet
Edamame Corn Salad
Dill Seasoned Carrots
Diced Peaches

21 **Breakfast For Lunch**

Eggo Mini Confetti Pancakes
Turkey Sausage Patties
Tater Tots
Orange Juice
Baby Carrots w/ Ranch

Older Students
Fresh Banana

8

Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Apple Slices
Mango Wango Juice
Older Students
Colby Cheese Cubes
Second Bag of Apples

15

Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Apple Slices
Fresh Cherry Tomatoes
Older Students
Colby Cheese Cubes
Fruit Punch

22

Hungry Howie's Pepperoni Pizza
Tree Top Apple Crisps
Dragon Punch Juice
Baby Carrots
Older Students
Blue Raspberry Applesauce
Colby Cheese Cubes



CHOICE of MILK INCLUDED WITH LUNCH

IMPORTANT

Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.



Holiday Break: Dec 25th-Jan 2nd
Happy Holidays and Have a Healthy & Safe Break