



# December 2022 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 12/6)</i>	Frosted Flakes w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Cinnamon Frosted Flakes w/ Cinnamon Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
Chocolate Chip Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Apple Empanada	Scrambled Egg Breakfast Sandwich	Cinnamon Delight
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
5	6	7	8	9
Mantecada	Yogurt Parfait w/ Blueberries Honey Grahams	Banana Bread	French Toast Slice	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
12	13	14	15	16
Coffee Cake	Mini Maple Waffles	Pan Dulce	Chicken Sausage Breakfast Sandwich	Cinnamon Roll
<i>Apple Sauce (1/2 c) &amp; Orange (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Ketchup Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
19	20	21	22	23
Banana Bread	Breakfast Cheese Tamale	Fruit Loops w/ Cinnamon Grahams	Pan Dulce	Apple Jacks w/ Cinnamon Grahams
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Orange (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
26	27	28	29	30
Banana Bread	Breakfast Cheese Tamale	Fruit Loops w/ Cinnamon Grahams	Pan Dulce	Apple Jacks w/ Cinnamon Grahams
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Orange (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# December 2022 Breakfast Menu "B"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Frosted Flakes w/ Cinnamon Grahams <i>(w/ Banana on 12/7)</i>	Fruit Loops w/ Honey Grahams	Cinnamon Frosted Flakes w/ Cinnamon Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
Chocolate Chip Muffin Flat	Apple Empanada	Bean & Cheese Burrito <i>Hot Sauce</i>	Cinnamon Delight	Scrambled Egg Breakfast Sandwich
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
5	6	7	8	9
Mantecada	Banana Bread	Yogurt Parfait w/ Blueberries Honey Grahams	Blueberry Mini Muffin & String Cheese	French Toast Slice
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
12	13	14	15	16
Coffee Cake	Pan Dulce	Mini Maple Waffles	Cinnamon Roll	Chicken Sausage Breakfast Sandwich <i>Ketchup</i>
<i>Apple Sauce (1/2 c) &amp; Orange (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
19	20	21	22	23
Banana Bread	Breakfast Cheese Tamale	Fruit Loops w/ Cinnamon Grahams	Pan Dulce	Apple Jacks w/ Cinnamon Grahams
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Orange (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
26	27	28	29	30
Banana Bread	Breakfast Cheese Tamale	Fruit Loops w/ Cinnamon Grahams	Pan Dulce	Apple Jacks w/ Cinnamon Grahams
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Orange (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# December 2022 Cold Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Frosted Flakes w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Cinnamon Frosted Flakes w/ Cinnamon Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
Chocolate Chip Muffin Flat	Pan Dulce	Apple Empanada	Blueberry Mini Muffin & String Cheese	Cinnamon Delight
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
5	6	7	8	9
Mantecada	Yogurt Parfait w/ Blueberries Honey Grahams	Chocolate Chip Muffin Flat	Fruit Loops w/ Honey Grahams	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
12	13	14	15	16
Coffee Cake	Apple Jacks w/ Honey Grahams	Pan Dulce	Blueberry Mini Muffin & String Cheese	Cinnamon Roll
<i>Apple Sauce (1/2 c) &amp; Orange (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
19	20	21	22	23
Banana Bread	Chocolate Chip Muffin Flat	Fruit Loops w/ Cinnamon Grahams	Pan Dulce	Apple Jacks w/ Cinnamon Grahams
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Orange (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
26	27	28	29	30
Banana Bread	Chocolate Chip Muffin Flat	Fruit Loops w/ Cinnamon Grahams	Pan Dulce	Apple Jacks w/ Cinnamon Grahams
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Orange (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.

# December 2022 K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Baked Ziti w/ Tomato Basil Meat Sauce</b>	<b>Beef Nachos</b> <i>Original Popped Chips</i>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey &amp; Cheese Sandwich on WG Croissant</b> <i>Mayonnaise Side of Baked Fries w/ Ketchup</i>	<b>Italian Turkey Submarine</b> <i>Mayonnaise Baby Carrots (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll</b> <i>Mayonnaise Garbanzo Bean &amp; Corn Salad</i>	<b>Turkey &amp; Cheese Sandwich on Hoagie</b> <i>Baby Carrots (1/2 c)</i>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll</b> <i>Mayonnaise</i>
<b>ENTRÉE SALAD OF THE DAY</b>				
	<b>Southwest Chicken Salad</b> <i>Wheat Crackers Ranch Dressing</i>	<b>Chicken Taco Salad</b> <i>Original Popped Chips Ranch Dressing</i>	<b>Tuna Salad</b> <i>Dinner Roll Ranch Dressing</i>	<b>Buffalo Chicken Salad</b> <i>Wheat Crackers Ranch Dressing</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Spaghetti &amp; Beef Meatballs w/ Tomato Basil Sauce</b>	<b>Turkey &amp; Bean Chili</b> <i>Tortilla Chips</i>	<b>Breakfast for Lunch: Pancake, Turkey Sausage Links &amp; Seasoned Potatoes</b> <i>Syrup</i>	<b>Chicken Parm Sandwich</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
5	6	7	8	9
<b>Hot Dog Oven Baked Fries</b> <i>Ketchup</i>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Chicken Fajitas w/ Refried Beans &amp; Peppers</b> <i>Whole Grain Tortillas</i>	<b>Albondigas Meatball Soup</b> <i>Tortilla Chips (15000 limit)</i>	<b>Mac &amp; Cheese</b> <i>Whole Grain Winter Cookie</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
12	13	14	15	16
<b>Chicken Patty Burger Oven Baked Fries</b> <i>Ketchup</i>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Chicken Burrito Bowl w/ Rice &amp; Black Beans (1/2 c)</b>	<b>Ham Dinner Special</b> <i>*Contains Pork*</i> <b>Mashed Potatoes w/ Gravy</b> <i>Dinner Roll</i>	<b>Hamburger</b> <i>Ketchup</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato &amp; Pickle Kit</i>
<i>Pear (1/2 c)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
19	20	21	22	23
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Baked Ziti w/ Tomato Basil Sauce</b>	<b>Cheese Pizza Sliders</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
26	27	28	29	30
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Baked Ziti w/ Tomato Basil Sauce</b>	<b>Cheese Pizza Sliders</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# December 2022 K-8 Vegetarian Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>SANDWICH OF THE DAY</b>				
<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>	<b>Double Cheese Sandwich</b> <i>Baby Carrots (1/2 c)</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Garbanzo Bean &amp; Corn Salad</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Baked Ziti</b> <b>w/ Tomato Basil Sauce</b> <i>Dinner Roll</i>	<b>French Bread Cheese Pizza</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Grilled Cheese Sandwich</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>House Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
5	6	7	8	9
<b>Plant-Based Chicken Tenders</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Penne Alfredo</b> <b>w/ Broccoli</b> <i>Dinner Roll</i>	<b>Plant-Based Chicken Fajitas</b> <b>w/ Refried Beans &amp; Peppers</b> <b>Whole Grain Tortillas</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Mac &amp; Cheese</b> <i>Whole Grain Winter Cookie</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
12	13	14	15	16
<b>Bean &amp; Cheese Burrito</b> <b>Side of Fries</b> <i>Ketchup</i>	<b>Cheese Enchiladas</b> <b>w/ Creamy Green Salsa</b>	<b>Plant-Based Chicken</b> <b>Burrito Bowl (1 c)</b>	<b>Plant-Based Chicken Tenders</b> <b>w/ Mashed Potatoes</b> <i>Dinner Roll</i>	<b>Vegetarian Burger</b> <i>Ketchup</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Lettuce, Tomato &amp; Pickle Kit</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
19	20	21	22	23
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Baked Ziti</b> <b>w/ Tomato Basil Sauce</b>	<b>Cheese Pizza Sliders</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
26	27	28	29	30
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Baked Ziti</b> <b>w/ Tomato Basil Sauce</b>	<b>Cheese Pizza Sliders</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Romaine Salad w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# December 2022 Field Trip Lunch Menu K-12



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
5	6	7	8	9
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
12	13	14	15	16
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
19	20	21	22	23
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
26	27	28	29	30
Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# December 2022 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>
5	6	7	8	9
<b>WG Cinnamon Crackers (1G)</b>	<b>WG Chex Mix (1G)</b>	<b>WG Churro Baked Chips (1G)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Cheese Puffs (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
12	13	14	15	16
<b>WG Pretzels (1G)</b>	<b>WG Nacho Baked Chips (1G)</b>	<b>WG Mini Lemon Muffin (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Honey Crackers (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
19	20	21	22	23
<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
26	27	28	1	2
<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
<b>All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.</b>				



# December 2022 Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
28	29	30	1	2
WG Chicken Corn Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c Veg) Ketchup  <i>Pear (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise  <i>100% Fruit Juice (1/2 c)</i>	Chicken Alfredo Pasta (2 M/MA, 1G/B) w/ Steamed Broccoli (1/2 c)  <i>Banana (1/2 c)</i>	Beef Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B)  <i>Orange (1/2 c)</i>	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c)  <i>Apple (1/2 c)</i>
5	6	7	8	9
Chicken Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg)  <i>Pear (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise  <i>100% Fruit Juice (1/2 c)</i>	WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Ketchup  <i>Banana (1/2 c)</i>	WG Baked Ziti (1 G) Tomato Basil Meat Sauce (2M, 1/2 c veg)  <i>Orange (1/2 c)</i>	Italian Turkey Submarine (2 M/MA, 2 G) Celery Sticks (1/2 c) Mayonnaise  <i>Apple (1/2 c)</i>
12	13	14	15	16
WG Chicken Nuggets (2M, 1 G) w/ Mashed Potatoes (1/2 c)  <i>Pear (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c) Mayonnaise  <i>100% Fruit Juice (1/2 c)</i>	Hot Dog (2 M) WG Bun (2 G) Oven Baked Fries (1/2 c) Ketchup  <i>Banana (1/2 c)</i>	Chicken Enchiladas (2M/MA, 2 G/B) w/ Green Salsa (1/2 c veg)  <i>Orange (1/2 c)</i>	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Winter Cookie (1 G) Baby Carrots (1/2 c Veg)  <i>Berries in Parfait</i>
19	20	21	22	23
WG Cheese Pizza Sliders (2M/MA, 2 G) Baby Carrots (1/2 c)  <i>Pear (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise  <i>100% Fruit Juice (1/2 c)</i>	Cheese Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg)  <i>Apple (1/2 c)</i>	WG Bean & Cheese Burrito (2M/MA, 2 G) Baby Carrots (1/2 c)  <i>Orange (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise  <i>Apple (1/2 c)</i>
26	27	28	29	30
WG Cheese Pizza Sliders (2M/MA, 2 G) Baby Carrots (1/2 c)  <i>Pear (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise  <i>100% Fruit Juice (1/2 c)</i>	Cheese Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg)  <i>Banana (1/2 c)</i>	WG Bean & Cheese Burrito (2M/MA, 2 G) Baby Carrots (1/2 c)  <i>Orange (1/2 c)</i>	Turkey & Cheese on WG Croissant (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise  <i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				





# December 2022 Vegetarian Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
<b>Vegetarian Burger</b> (2.5 M/MA) <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 B/G)</b> <b>Jicama Sticks (1/4)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Plant-Based Chicken Alfredo Pasta</b> (2 M/MA, 1G/B) <b>w/ Steamed Broccoli (1/2 c)</b> <i>Banana (1/2 c)</i>	<b>Bean &amp; Cheese Nachos</b> (2 M/MA, 1/2 c Veg) <b>WG Tortilla Chips (2 G/B)</b> <i>Orange (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Apple (1/2 c)</i>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 G/B)</b> <b>Celery Sticks (1/2)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Vegetarian Burger</b> (2.5 M/MA) <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i> <i>Banana (1/2 c)</i>	<b>WG Cheesy Baked Ziti (2 MA, 1 G)</b> <b>Tomato Basil Sauce</b> (1/2 c veg) <i>Orange (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/4)</b> <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Plant-Based Chicken Tenders (2MA)</b> <b>w/ Mashed Potatoes (1/2 c)</b> <b>WG Crackers (1 G)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 B/G)</b> <b>Jicama Sticks (1/4)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Plant-Based Chicken Tenders (2MA)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i> <b>WG Crackers (1 G)</b> <i>Banana (1/2 c)</i>	<b>Cheese Enchiladas</b> (2M/MA, 2 G/B) <b>w/ Green Salsa (1/2 c veg)</b> <i>Orange (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Winter Cookie (1 G)</b> <b>Baby Carrots (1/2 c Veg)</b> <i>Berries in Parfait</i>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>WG Cheese Pizza Sliders</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 B/G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b> <i>Apple (1/2 c)</i>	<b>WG Bean &amp; Cheese Burrito</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b> <i>Orange (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 B/G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>WG Cheese Pizza Sliders</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 B/G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b> <i>Apple (1/2 c)</i>	<b>WG Bean &amp; Cheese Burrito</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b> <i>Orange (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 B/G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



# December 2022 Cold Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
<b>Smoked Turkey &amp; Cheese Sandwich on WG Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Pear (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Granola (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>  <i>Berries in Parfait</i>	<b>Mexican Chicken Salad (2M/A, 1 c veg)</b> <b>Tortilla Chips (2 MA)</b> <i>Hot Sauce</i>  <i>Orange (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Apple (1/2 c)</i>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Pear (1/2 c)</i>	<b>Turkey &amp; Cheese on WG Croissant (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Mexican Chicken Salad (2M/A, 1 c veg)</b> <b>Tortilla Chips (2 MA)</b> <i>Hot Sauce</i>  <i>Banana (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Smoked Turkey &amp; Cheese Sandwich on WG Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Pear (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Jicama Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Chicken Taco Salad (2M/A, 1 c veg)</b> <b>Nacho Chips (1 MA)</b> <i>Ranch Dressing</i>  <i>Banana (1/2 c)</i>	<b>Turkey &amp; Cheese on WG Croissant (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Berries in Parfait</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Winter Cookie (1 G)</b> <b>Baby Carrots (1/2 c Veg)</b>  <i>Berries in Parfait</i>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Pear (1/2 c)</i>	<b>Turkey &amp; Cheese on WG Croissant (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Turkey &amp; Cheese on WG Croissant (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Pear (1/2 c)</i>	<b>Turkey &amp; Cheese on WG Croissant (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Turkey &amp; Cheese on WG Croissant (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.