



DECEMBER LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

- Dark green** - spinach, broccoli, romaine and spring salad
- Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers
- Beans/Peas**
- Starchy** - white potatoes, corn, and lima beans
- Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:

- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

General Cafeteria Manager

Jaime Barnard

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		Effective immediately until the end of the school year one Breakfast and one Lunch will be provided free for all students		
29	30	1 Chicken Nuggets PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	2 Pulled Pork Sandwich PBJ Pizza Featured Veggies: Baked Potato Choice of fresh veggie Choice of Fruit Choice of Milk	3 Corn Dogs PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
6 Turkey & Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	7 Nachos Grande PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	8 Spaghetti with breadstick PBJ Pizza Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	9 Meatball Hoagie PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	10 Hot Dog on Roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
13 Toasted Cheese Sandwich PBJ Pizza Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	14 Cheese Steakum Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	15 Italian Dunkers PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	16 Christmas Meal Sliced Turkey Noodles Pudding Pie Featured Veggies: Steamed Green Beans Mashed Potatoes Choice of Fruit Choice of Milk	17 Cheeseburger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
20 Ham and Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	21 Crunchy Tacos PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	22 Chicken Nuggets with dinner roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	23 Early Dismissal Pizza Vegetable Choice Fruit Choice Milk Choice	24 Merry Christmas No School