

Monday



6
 Ham & Cheddar
 Stuffed Potato
 WG Breadstick
 Broccoli
 Orange Wedges
 FF Chocolate or 1% White Milk

Entrée Salad:
Crispy Chicken

Tuesday

7
 Chicken Nachos
 W/ WG Corn Chips
 Lettuce, Salsa & Black Beans
 Pineapple Wedges
 FF Chocolate or 1% White Milk

Entrée Salad:
Fajita Chicken

Wednesday

1
 Chicken Nuggets
 Tater Tots
 Bread Stick
 Pears
 FF Chocolate or 1% White Milk

8
 Spaghetti & Meat Sauce
 Roll
 Tossed Salad
 Pears
 FF Chocolate or 1% White Milk

Thursday

2
 Sal's Cheese Pizza
 Tossed Salad W/ Lite Italian
 Grapes
 Pudding
 FF Chocolate or 1% White Milk

9
 Sal's Cheese Pizza
 Mixed Green W/ Lite Ranch
 Honey Dew Melon
 Cookie
 FF Chocolate or 1% White Milk

Friday

3
 No School

10
 Turkey BLT Sub
 Served on WG Roll
 Sweet Potato Fries
 Apple
 FF Chocolate or 1% White Milk

13
 Sausage Sub (Chicken)
 Onions & Peppers
 Baked Beans
 Peaches
 FF Chocolate or 1% White Milk

Entrée Salad:
Turkey BLT

14
 Chicken & Cheese Tortilla
 Vegetable Soup
 Celery & Ranch
 Apple
 FF Chocolate or 1% White Milk

15
 Meatloaf W/ Gravy
 Buttered Noodles
 Peas & Carrots
 Mixed Fruit
 FF Chocolate or 1% White Milk

16
 Sal's Cheese Pizza
 Caesar Salad
 Orange Wedges
 Pudding
 FF Chocolate or 1% White Milk

17
 Fish Sticks
 WG Roll
 Oven Fries
 Broccoli Slaw
 Pineapple
 FF Chocolate or 1% White Milk

20
 Chicken & Waffle
 Maple Baked Beans
 Raisins
 FF Chocolate or 1% White Milk

Entrée Salad:
Chicken Caesar

21
 Beef Taco
 Served on WG Corn Shell
 Tender Corn
 Oranges
 FF Chocolate or 1% White Milk

22
 Turkey & Gravy
 WG Roll
 Roasted Butternut
 Broccoli Florets
 Craisans
 FF Chocolate or 1% White Milk

Early Release Day
Grab & Go
23
 Build your own Pizza Kit
 Veggie Sticks W/ Hummus
 Apple
 Cookie
 FF Chocolate Milk

24
 Winter Break


27
 Winter Break


28
 Winter Break


29
 Winter Break


30
 Winter Break


31
 Winter Break




Breakfast December 2021



Student Price = \$Free, Reduced Price .0/ Adult Price = \$2.00

Breakfast Is Grab & GO – Students may also come right from bus or drop off to the café to receive their breakfast.

Students may also advise classroom Teacher upon arrival, they would like breakfast and send a class member or EA down to pick up meals for the class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Maple Pancakes Fruit Juice 1% Milk	Cereal 2oz Muffin Fruit Juice 1% Milk	WG Cinnamon Bun Fruit Juice 1% Milk	Cereal 2oz muffin Fruit Juice 1% Milk	Lemon Bread Fruit Juice 1% Milk

- Syudents have (3) meal choices daily: main lunch, salad of the week, yogurt tray (4oz yogurt, 1oz string cheese or sunflower seeds, fruit veggie and milk)
- Check the **School Nutrition** portion of the school website for **menus, Wellness and Charging policies and procedures** along with **Free & Reduced applications.**
- If your child has allergies or food restrictions please reach out to Nurse Mara and myself so we can accomadate these situations.
- Reminder that both breakfast and lunch are free to **all enrolled students.** Please help our school and take advantage of this program.
- Any questions or concerns please contact Paula Field by phone (603)964-5501 X219or email pfield@sau21.org
- Lunch will have the option of chocolate FF milk or 1% white milk.
- **Due to food supply shortages beyond our control,our menu is subject to change without notice on occasion.**
- Please be aware the School Nutrition Staff work very hard and take every precaution to keep our students dining experience safe for all involved.

This institution is an equal opportunity provider.