



December 2021
 Middle & High School Lunch
LUNCH & BREAKFAST FOR YOU
 STRONG BODY ~ STRONG MIND
 Vegetarian Meals = (V)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<u>Cheese Ravioli (V)</u> <u>W/Marinara Sauce</u> Mixed Vegetable Apple Slices Ice Cold Milk	1 <u>Acai Bowl</u> Acai Sorbet W/Fresh Strawberries, Bananas & Granola Garbanzo Beans Oranges Ice Cold Milk	2 <u>Popcorn Chicken</u> Mash Potato Corn Mixed Fruit Cup Ice Cold Milk	3 <u>Riblet Sandwich</u> Sweet Peas Fresh Fruit Cup Ice Cold Milk	<p>All Students Eat Breakfast & Lunch Free!</p> <p>2nd Meals & Snacks are extra please make payments online</p> <p>Every meal comes complete with fruit, veggies, and milk. We offer Skim Chocolate & 1% White</p>
6 <u>Double Bacon Cheeseburger or Vegetarian Burger(V)</u> Sweet Potato Fries Sliced Pears Ice Cold Milk	7 <u>Grab and Go Sandwiches</u> $\frac{1}{2}$ Day	8 <u>Acai Bowl</u> Acai Sorbet W/Fresh Strawberries, Bananas & Granola Garbanzo Beans Oranges Ice Cold Milk	9 <u>Breaded Chicken Sandwich W/Cheddar Cheese</u> Oven Baked Fries Fresh Fruit Cup Ice Cold Milk	10 <u>Chicken Broccoli & Ziti Steamed Corn</u> Fresh Fruit Cup Ice Cold Milk	
13 <u>Sweet & Sour Popcorn Chicken</u> Steamed Rice Sweet Corn Mixed Fruit Cup Ice Cold Milk	14 <u>Cheese Ravioli (V) W/Marinara Sauce</u> Mixed Vegetable Apple Slices Ice Cold Milk	15 <u>Acai Bowl</u> Acai Sorbet W/Fresh Strawberries, Bananas & Granola Garbanzo Beans Sliced Peaches Ice Cold Milk	16 <u>Pasta W/Meat Sauce</u> Sweet Peas Strawberry Cup Ice Cold Milk	17 <u>Meatball Sub W/Melted Mozzarella</u> Steamed Carrots Peach Cup Ice Cold Milk	
20 <u>Chicken Tenders</u> Mashed Potato Sweet Peas Granny Smith Apple Ice Cold Milk	21 <u>Steak & Cheese Sub</u> Sweet Potato Fries Steamed Carrots Mixed Fruit Cup Ice Cold Milk	22 <u>Acai Bowl</u> Acai Sorbet W/Fresh Strawberries, Bananas & Granola Garbanzo Beans Oranges Ice Cold Milk	23 <u>$\frac{1}{2}$ Day Sorry No Lunch Served</u>	24 <u>Winter Break</u>	
27 <u>Winter Break</u>	29 <u>Winter Break</u>	29 <u>Winter Break</u>	30 <u>Winter Break</u>	31 <u>Happy New Year 2022</u>	

Breakfast Menu

Mon: Banana Muffin, Graham Crackers, 100% Fruit Juice, Milk
 Tues: Whole Grain Cereal Bowl, Graham Crackers, Fresh Fruit, Milk
 Weds: Bagel W/Cream Cheese, 100% Fruit Juice, Milk
 Thurs: Whole Grain Cereal Bowl, Graham Crackers Fresh Fruit, Milk
 Fri: Mini Pancakes, Fresh Fruit, Milk

Menus are subject to change without notice.

