

**A Nourished Student is a Learning Student!**

This institution is an equal opportunity provider.



**Su Mon Tue Wed Thu Fri Sat**



**1  
No School**

**1% WHITE MILK INCLUDED WITH LUNCH**

**4**  
2 Stuffed Mozzarella Cheese Breadsticks  
**1/4 cup Marinara Sauce**  
**1/4 cup Seasoned Peas**  
1/4 cup Mandarin Oranges

**5**  
8oz Whole Grain Rotini Pasta Bake with Meat Sauce  
**1/4 cup Seasoned Broccoli**  
1/4 cup Mixed Fruit

**6**  
2oz Reduced Fat Taco Meat and 1oz Shredded Cheddar Cheese  
1 Whole Grain Tortilla Shell  
**1/4 cup Refried Beans**  
**1/4 cup Salsa**  
1 Fresh Banana

**7**  
Breaded Chicken Patty on Whole Grain Bun  
1/4 cup Seasoned Green Beans  
1/4 cup Diced Peaches

**8**  
Hot off the Grill Turkey Ham & Cheese Sandwich  
1 Mozzarella Cheese Stick  
1 bag **Baby Carrots**  
1 Bag Fresh Apple Slices

**IMPORTANT!**

**11**  
5 Whole Grain Mini Chicken Corn Dogs  
**1/4 cup Seasoned Corn**  
1/4 cup Pumpkin Pudding

**12**  
6oz Reduced Fat Macaroni & Cheese  
**1/4 cup Seasoned Broccoli**  
1/4 cup Cinnamon Applesauce

**13 Holiday Lunch**  
Whole Grain Lasagna Cheese Roll Up  
**1/4 cup Marinara Sauce**  
1/4 Cup Green Bean Cassarole  
1/4 Cup Spiced Apples

**14**  
Whole Grain Breaded Chicken Tenders  
**1/4 cup Edamame Corn Salad**  
1/4 cup Diced Peaches

**15**  
1 Soybutter & Jelly Sandwich  
1 bag Cheese Cubes  
**1 Bag Cherry Tomatoes**  
1 bag Apple Slices

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

**18**  
Hamburger On a Whole Wheat Bun  
**1/4 cup Vegetarian Baked Beans**  
1/4 cup Mandarin Oranges

**19**  
Whole Grain Bean & Cheese Burrito  
**1/4 cup Corn with Peppers**  
**1/4 cup Salsa**  
1/4 cup Spiced Peaches

**20**  
Chicken Parmesan with **2oz Marinara Sauce on Top**  
**1/4 cup Seasoned Broccoli**  
1/4 cup Spiced Pears

***Holiday Break: Dec 20th-Jan 2nd  
Happy Holidays and Have a  
Healthy & Safe Break***

