

DECEMBER LUNCH

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY

1

- Mighty Meaty Deli Combo Sandwich w/Turkey Salami, Blueberry Burst muffin
- o Fresh Fruit
- o Steamed Corn
- o Seasoned Green Beans

7

- Baked Mac & Cheese and Chicken Bites Lunch Combo
- Honey Mustard Chicken Wrap
- o Fresh Fruit

14

- Chicken Corn Dog Bites
- Sesame Chicken Wrap
- o Fresh Fruit

21

WINTER BREAK

28

WINTER BREAK

TUESDAY

1

- Mighty Meaty Deli Combo Sandwich w/Turkey Salami, Blueberry Burst muffin
- o Fresh Fruit
- o Steamed Corn
- o Seasoned Green Beans

8

- Chicekn Enchilada Roja
- Classic Turkey & cheddar Sandwich
- o Grean Peas
- o Steamed Corn
- o Fresh Fruit

15

- Bean & Cheese Burrito
- Sunbutter, Jelly, Sliced Bread
- o Fresh Fruit
- o Garbanzos, Edamama, Shredded Carrot
- o Chilled Pinto Beans

22

WINTER BREAK

29

WINTER BREAK

WEDNESDAY

2

- Cheese Pizza
- o Fresh Fruit
- o Garbanzos, Edamama, Shredded Carrot

9

- Cheese Pizza
- Cheddar Cheese Sub Sandwiches
- o Fresh Fruit
- o Seasoned Blanched Broccoli Florets

16

- Hearty Veggie Chili and Seasoned Rice
- Chicken Salad Cub Sandwich
- o Fresh Fruit
- o Seasoned Geen Beans

23

WINTER BREAK

30

WINTER BREAK

THURSDAY

3

- Flamed Broiled Beef Cheeseburger
- o Chopped Romaine Lettice
- o Tomato Slices

10

- Lone Star BBQ Chicken Sandwich
- Ham & Cheese Sub on Whole grain roll
- o Fresh Fruit
- o Garbanzos, Edamama, Shredded Carrot

17

- Pepperoni Pizza
- Pesto Pasta Salad
- o Fresh Fruit
- o Chopped Romaine Lettice
- o Tomato Slices

24

WINTER BREAK

31

WINTER BREAK

FRIDAY

4

- Crispy Chicken Sandwich
- o Fresh Fruit
- o Steamed Carrots
- o Baby Carrots

11

- The Revolution Hot Dog
- Sunbutter, Jelly, Sliced Bread
- o Fresh Fruit
- o Fresh Cucumber Slices

18

- Pancake Lunch with Maple Sausage Links & Cheesy Omelet
- Mighty Meaty Deli Combo Sandwich w/Turkey Salami,
- o glazed carrots
- o Steamed Carrots
- o Baby Carrots

25

WINTER BREAK

31

WINTER BREAK

