



Lunch Menu
9-12th Grade
December 2022

Serving Sizes are as follows:

9 – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
November 28 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage National French Toast Day!	November 29 Beef Chili Mashed Potatoes Shredded Cheddar Cheese Dinner Roll Fruit Milk Bean Chili	November 30 Turkey & Cheddar Cheese on WW Bread Fresh Broccoli Tomato/Cucumber Salad Mayonnaise WG Dinner Roll Fruit Milk Edamame	December 1 Mac & Cheese w/ WG Pasta Dinner Roll w/ Butter Peas & Carrots Fruit Milk	December 2 Pizza Sticks Cooked Carrots Goldfish Fruit Milk
December 5 Turkey Ham Steak Whole Wheat Bread Peas & Carrots Fruit Milk Veggie Burger	December 6 Beef BBQ on WG Bun Sweet Potato Fries Fruit Milk Veggie Bean BBQ	December 7 SW Chicken Wrap on WG Flour Tortilla w/ Cheddar Cheese & Salsa Ranch Dressing Fresh Broccoli Ranch Dressing Fruit Milk Edamame	December 8 Hamburger Macaroni & Cheese w/ WG Pasta Dinner Roll w/ Butter Green Beans Fruit Milk Mac & Cheese	December 9 Egg Patty w/ American Cheese English Muffin w/ Butter Breakfast Potatoes Fruit Milk Cheese Sandwich
December 12 Taco Beef WG Sunchips Corn & Black Bean Salad Brown Rice Shredded Cheddar Cheese Fruit Milk Bean Burrito	December 13 Sweet & Sour Chicken Brown Rice California Veg Blend Fruit Milk Sweet & Sour Veggie Meat Balls	December 14 Turkey Sausage w/ Gravy Biscuit Peas & Carrots Fruit Milk Veggie Sausage w/ Gravy National Biscuits & Gravy Day!	December 15 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots & Broccoli Fruit Mayo Milk Cheese sandwich on WG Bun	December 16 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Potato Wedges Ketchup Fruit Milk Veggie Patty on Wheat Bread
December 19 Baked Ziti w/ Ground Beef (WG Pasta w/ tomato sauce and mozz cheese) Mixed Vegetables Fruit Milk Veggie Meat Ball Parm	December 20 WG Chicken Tenders Mashed Potatoes & Corn Fruit Honey Mustard Milk Goldfish Crackers Veggie Nuggets	December 21 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Lite Ranch Dressing Milk Egg Salad Sandwich on WG Roll	December 22 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk Veggie Meatballs	December 23 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Baby Carrots & Broccoli Fruit Milk Ranch Tofu BBQ
December 26 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) California Veg Blend Dinner Roll & butter Fruit Milk Lentil Pie	December 27 BBQ Chicken Patty WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk Veggie Burger	December 28 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese, Tomatoes & Cucumbers WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk Edamame	December 29 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk Veggie Meatballs	December 30 Turkey & Cheese on WW Bread Mayonnaise Baby Carrots & Broccoli Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos