

Breakfast K-12

DECEMBER 2024

MON	TUE	WED	THU	FRI
2 Cinnamon Crisp Bar Raisins & 100% Grape Juice	3 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Fresh Apple & Diced Pineapple	4 Trix Cereal w/ Graham Crackers or Cinnamon Bun Diced Peaches & 100% Grape Juice	5 Plain Bagel w/ Cream Cheese or Waffles/ Syrup Fresh Apple & 100% Orange Juice	6 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
9 Banana Muffin Raisins & Applesauce	10 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	11 Multi-Grain Frosted Flakes w/ Graham Crackers or Pancakes w/ Syrup Diced Peaches & 100% Grape Juice	12 Cinnamon Toast Crunch w/ Graham Crackers or Honey Cinnamon Butter Biscuit Fresh Apple & 100% Orange Juice	13 Cinnamon Crisp Bar Raisins & 100% Grape Juice
16 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	17 Strawberry Yogurt w/ Graham Crackers or NEW! Egg & Cheese Pancake Griddle Sandwich Fresh Apple & Diced Pineapple	18 Honey Cheerios w/ Graham Crackers or NEW! Dutch Waffles/ Syrup Diced Peaches & 100% Grape Juice	19 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Fresh Apple & 100% Orange Juice	20 Trix Cereal w/ Graham Crackers Diced Peaches & 100% Grape Juice
23	24	25	26	27
30	31			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Locally grown component planned daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



Lunch K-8

DECEMBER 2024

MON	TUE	WED	THU	FRI
<p>2</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes</p> <p>Fresh Apple</p>	<p>3</p> <p>NEW! Jerk Chicken w/ Brown Rice & Black Beans or Veggie Burger w/ Ketchup & Stewed White Beans (V)</p> <p>Fresh Pear</p>	<p>4</p> <p>NEW! Pancakes w/ Fried Egg, Turkey Sausage, & Roasted Sweet Potatoes or Thai Noodle Bowl (V) Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>	<p>5</p> <p>Spaghetti and Beef Meatballs in Tomato Sauce w/ Broccoli or Cobb Salad w/ Pita Bread & Ranch Dressing (V)</p> <p>Fresh Banana</p>	<p>6</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V)</p> <p>Garden Salad & Italian Dressing</p> <p>Fresh Apple</p>
<p>9</p> <p>Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa, Black Beans, & Tomato (V)</p> <p>Fresh Apple</p>	<p>10</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V)</p> <p>Broccoli</p> <p>Fresh Pear</p>	<p>11</p> <p>Adobo Chicken w/ Cilantro Brown Rice or NEW! Bean & Cheese Burrito (V)</p> <p>Street Corn</p> <p>Fresh Apple</p>	<p>12</p> <p>Crispy Chicken Sandwich w/ Hot Sauce or French Toast w/ Scrambled Eggs (V)</p> <p>Roasted Sweet Potatoes</p> <p>Fresh Banana</p>	<p>13</p> <p>French Bread Cheese Pizza (V) or Egg Salad Sandwich (V)</p> <p>Celery Sticks w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>16</p> <p>Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Sour Cream & Street Corn (V)</p> <p>Fresh Apple</p>	<p>17</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Cheese & Beans (V)</p> <p>Fresh Pear</p>	<p>18</p> <p>Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Ravioli w/ Tomato Sauce & Green Beans (V)</p> <p>Fresh Apple</p>	<p>19</p> <p>Southwest Chicken Salad w/ Ranch Dressing & Pita Bread or Cheese Pizza (V)</p> <p>Garden Salad w/ Ranch Dressing</p> <p>Fresh Banana</p>	<p>20</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)</p> <p>Fresh Apple</p>
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30	31			

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Lunch Milk Choices

1% Milk and Skim Milk

Please Note

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Lunch 9-12

DECEMBER 2024

MON	TUE	WED	THU	FRI
<p>2</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes</p> <p>Fresh Apple & Fresh Orange</p>	<p>3</p> <p>NEW! Jerk Chicken w/ Brown Rice & Black Beans or Veggie Burger w/ Ketchup & Stewed White Beans (V) Diced Peaches & Fresh Pear</p>	<p>4</p> <p>NEW! Pancakes, Fried Egg & Turkey Sausage Bites w/ Roasted Sweet Potatoes or Thai Noodle Salad Baby Carrots w/ Ranch Dressing (V) Fresh Banana & Fresh Apple</p>	<p>5</p> <p>Spaghetti and Beef Meatballs in Tomato Sauce or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Diced Pineapple & Fresh Banana</p>	<p>6</p> <p>Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Garden Salad w/ Italian Dressing</p> <p>Fresh Apple & Raisins</p>
<p>9</p> <p>Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa, Black Beans, & Tomato (V) Fresh Apple & Fresh Orange</p>	<p>10</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear</p>	<p>11</p> <p>Adobo Chicken w/ Cilantro Brown Rice & Street Corn or NEW! Bean & Cheese Burrito (V) Fresh Banana & Fresh Apple</p>	<p>12</p> <p>Crispy Chicken Sandwich w/ Hot Sauce or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Diced Pineapple & Fresh Banana</p>	<p>13</p> <p>Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing</p> <p>Fresh Apple & Raisins</p>
<p>16</p> <p>Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Sour Cream & Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>17</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear</p>	<p>18</p> <p>Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple</p>	<p>19</p> <p>Southwest Chicken Salad w/ Ranch Dressing & Pita Bread or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Diced Pineapple & Fresh Banana</p>	<p>20</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple & Raisins</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p>	<p>31</p>			

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