

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) Broccoli</p> <p>Fresh Pear</p>	<p>11</p> <p>Adobo Chicken w/ Cilantro Brown Rice or NEW! Bean & Cheese Burrito (V) 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) 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>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p>	<p>31</p>			

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

Lunch 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"

