

DECEMBER 2022

"Nilch'itsoh" "Big Wind"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Egg patty, sausage patty, toast, jelly, melon, fruit, juice, milk Roasted chicken, mash potato, gravy, vegetable, roll, fruit, milk Sloppy Joe on bun, oven fries, carrot stick, apple, milk	Chef's Choice, fruit, milk Macaroni & cheese, green bean, chili peaches, milk	"This institution is an equal opportunity provider"
HEALTHY MEALS IS GOOD FOR YOU!	Late Start Yogurt, muffin, fruit cup, milk Chicken nuggets, mash potato, gravy, vegetable, apricot, milk	B-fast bowl(scramble egg w/ham, tater tots, gravy) fruit, juice, milk Three cheese green chili enchilada, Spanish rice, sweet corn, cookie, fruit milk	Waffle, syrup, blueberries, mix fruit, milk Chili bean, cornbread, cucumber salad, pears, milk	Sausage gravy over biscuit, orange smiles, fruit juice, milk Sweet & sour pork, steam rice, fortune cookie, fruited jello, peaches, milk	Chef's Choice, peaches, milk Sloppy Joe on bun, oven fries, ketchup, celery stick, apple, milk	 United States Department of Agriculture
Play, Learn and Grow... Together!	Spaghetti w/meat sauce, bread knot, toss salad, dressing, peaches, milk Bagel w/ cream cheese, assorted cold cereal, kiwi, orange, milk Pepperoni Pizza, carrot & celery stick, dressing, cookie, fruit cup, milk Cheeseburger, oven fries, celery stick, fresh orange, milk	Chicken alfredo, garlic bread, steam squash, peaches, milk Egg omelet (peppers, dice ham), toast, fruit, fruit juice, milk Beef taco, taco salad, cheese, black bean, sweet corn, diced pears, milk Baked pork chop, rice pilaf, sweet corn, wheat roll, pears, milk	Grill Ham & cheese, oven fries, ketchup, celery stick, pears cookie, milk Pancake, sausage link, syrup, fruit, milk Orange Chicken, steam rice, fortune cookie, green bean, peaches, milk Three cheese green chili enchilada, Spanish rice, sweet corn, peaches, milk	Navajo Taco, fruited jello fresh orange, milk Hot oatmeal, wheat toast, jelly, mix fruit, fruit juice, milk Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, peaches, milk Beef stew, fried bread, tropical fruit mix, milk	Chef's Choice, mixed fruit, milk Hot ham & cheese on bun, oven fries, ketchup, salad w/dressing, grapes, milk	
	Late Start Hot farina, muffin, fruit milk Beef & potatoes, green bean, dinner roll, fruited jello, honeydew melon, milk Orange Chicken, steam rice, vegetable egg roll, carrot coin, watermelon slice, milk	Scramble egg, slice turkey bacon, cinnamon roll, melon, milk Slice ham, stuffing, gravy, mix vegetable, cranberry, fruit, milk Macaroni & cheese w/ dice ham, Texas toast, tropical fruit, milk	Waffles, syrup, baked ham, berries, peaches, milk Grill ham & cheese, tomato soup, veggies, fresh apple, dried fruit, milk BBQ pork sandwich, baked potato chip, celery stick w/ dressing, fresh apple, milk	Breakfast burrito, salsa, fruit, milk Spaghetti w/meatball, green peas, wheat roll, tropical fruit, milk Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, pears, milk	Chef's Choice, peach, milk BBQ pork pull sandwich, oven fries, fruit, cookie, milk	 Nellie James, Food Service Manager-Director
			BREAKFAST OFFERING: K-12 GRADE/ HIGH SCHOOL BREAKFAST BAR MEAT/MEAT ALT: 1 OZ DAILY GRAINS: 1 OUNCE DAILY FRUIT: 1 CUP DAILY MILK (VARIETY): 8 OZ DAILY	DAILY LUNCH OFFERING: K-8 GRADES (ELEMENTARY) MEAT/MEAT ALT: 1 OZ DAILY GRAIN: 1 OZ DAILY VEGETABLE: 6 OZ FRUIT: 1 CUP MILK (VARIETY): 8 OZ	DAILY LUNCH OFFERING: HIGH SCHOOL (9-12) MEAT/MEAT ALT: 2 OZ GRAINS: 2 OZ VEGETABLES: 6 OZ FRUITS: 1 CUP MILK(VARIETY) 8 OZ DAILY	MENU SUBJECT TO CHANGE FACE MASK REQUIRED @ CAFETERIA!