

DECEMBER 2022

May ISD

LUNCH

This institution is an equal opportunity provider



School Information: Students K-6 Regular Price: \$2.75
Students 7-12 grades \$3.00 Reduced \$0.40
Milk & Juice is offered with each meal
Additional Milk & Juice \$0.50 each
Adult price is \$3.75



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Menu is subject to change due to delivery.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Corn Dog
French Fries
Peas/Carrots
Fruit
Milk/Juice

5

Grilled Chicken Subs
Green Beans
Celery
Fruit
Milk/Juice

6

Nachos
Refried Beans
Broccoli
Fruit
Milk/Juice

7

Chicken Fried Steak
Green Beans
Gravy/Roll
Celery/Fruit
Milk/Juice

1

Pizza
Veggie Sticks
Corn/Carrots
Fruit
Milk/Juice

8

Cheese Burgers
Potato Wedges
Broccoli/Carrots
Fruit
Milk/Juice

2

BBQ on Bun
Baked Beans
Chips
Fruit
Milk/Juice

9

Meatball Subs
Green Beans
Broccoli
Fruit
Milk/Juice

12

Vegetable Beef Soup
Grilled Cheese
Fruit
Milk/Juice

13

Fish Sticks
Black-eyed Peas
Celery
Fruit
Milk/Juice

14

Cheese Burgers
French Fries
Cook Carrots
Fruit
Milk/Juice

15

Ham & Cheese or
PBJ Sandwich
Chips
Fruit/Carrots
Milk/Juice

16

Christmas Break

19

20

21

22

23

Christmas Break

26

27

28

29

30