



**Sumter County High School
December Lunch Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
					December 1st
Entrée #1			<div>Milk and Fruit choices available at every meal!</div>		Breaded Pork Parmesean Sandwich
Entrée #2					Beef Vegetable Soup w/ Turkey Hoagie served with Lettuce & Tomato
Sides					Baked Potato or Crinkle Cut Fries Cooked Broccoli Carrot Sticks w/ Ranch
Pizza					Smart Mouth Pizza
Fruit & Veg					Crinkle Cut Fries Broccoli w/ Ranch
Salad					Salad Bar
Meat Options					Chicken Strips Hard Boiled Egg Shredded Cheese Queso Cheese
Grain & Fruit					Tortilla Chips w/ Queso Black Beans Corn

**Sumter County High School
December Lunch Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
	December 4th	December 5th	December 6th	December 7th	December 8th
Entrée #1	Ranchero Beef Pizza	2 Taco Tuesday Tacos w/ lettuce & Tomato	Chicken Wings *Taste Test Buffalo Chicken Dip	Cheesy Chicken Quesedilla w/ Sour Cream & Salsa	Taco Soup w/ Tortilla Chips
Entrée #2	Regular OR Spicy Chicken Sandwich	Chicken Tenders	BBQ Sandwich	Southern Cuts Cheeseburger w/ Lettuce & Tomato	Hot Dog
Sides	Side Salad Carrot Sticks w/ Ranch Tater Tots Fruit	Refried Beans Corn Celery Sticks Chex Mix	Baked Beans Tater Tots Carrot Sticks w/ Ranch Dinner Roll Munchies Mix	Potato Wedges Cucumber Slices Tortilla chips Salsa	Side Salad Carrot Sticks w/ Ranch Tater Tots Tiger Grahams Fruit
Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza
Fruit & Veg	Crinkle Cut Fries Broccoli w/ Ranch	Carrots & Cucumbers w/ Ranch Fruit	Side Salad Tater Tots Fruit	Carrots & Celery w/ Ranch Fruit	Side Salad Dried Chick Peas Fruit
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Meat Options	Chicken Strips Hard Boiled Egg Shredded Cheese Queso Cheese	Diced Ham Diced Turkey	Chicken Strips Queso Cheese	Beef Vegetable Soup Diced Turkey	Tuna Salad Cheese Cubes
Grain & Fruit	Tortilla Chips w/ Queso Black Beans Corn	Cheese Its Club Crackers Green Peas	Tortilla Chips w/ Queso Black Beans Rockin' Ola Corn Crunch Buffalo Ranch	Corn Muffin Crackers Chickpeas	Apple Loaf Crackers Kernal Corn

**Sumter County High School
December Lunch Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
	December 11th	December 12th	December 13th	December 14th	December 15th
Entrée #1	Spaghetti w/ Meatsauce	BBQ Chicken w/ Mac & Cheese	Loaded Tots w/Cheese & Ground Beef, Lettuce, Tomato, Jalepeno, Sour Cream & Salsa	Cheeseburger w/ Lettuce & Tomato Sweet Potato Fries Cucumber Slices w/ranch Fruit	Homemade Chili w/ Cornbread & Baked Potato
Entrée #2	Chicken Tenders	Cheeseburger w/ Lettuce & Tomato	Corn Dog	Uncrustable PB & J String Cheese Stick	Spicy Chicken Sandwich w/ Sweet Potato Fries
Sides	Cooked Broccoli Bread Stick Sweet Potato Fries Side Salad Fruit	Crinkle Cut Fries Mac & Cheese Green Beans Celery Sticks w/ Ranch Dinner Roll Fruit	Coleslaw Potato Wedges Baked Beans Fruit	Doritos Potato Wedges Broccoli & Carrots w/ Ranch Fruit	Side Salad Fruit
Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza	Smart Mouth Pizza
Fruit & Veg	Side Salad Fruit	Carrots & Celery w/ Ranch Fruit	Side Salad Fruit	Side Salad Tater Tots Fruit	Carrots & Celery w/ Ranch Fruit
Salad	Salad Bar	Salad Bar	Salad Bar	Pre-Made Salad w/ Carrot, Cucumber, Tomato	Salad Bar
Meat Options	Chicken Strips Black Beans Hard Boiled Egg Shredded Cheddar Queso Cheese	Diced Ham Diced Turkey Hard Boiled Egg Shredded Cheddar	Chicken Strips Corn Hard Boiled Egg Shredded Cheddar Queso Cheese	Diced Ham Hard Boiled Egg Shredded Cheddar	Marinated Chicken Hard Boiled Egg Shredded Cheddar
Grain & Fruit	Tortilla Chips Fruit	Sun Chips Muffin (Variety) Fruit	Tortilla Chips Bread Stick Fruit	Muffin (Variety) Club Crackers Fruit	Sun Chips Muffin (Variety) Fruit

**Sumter County High School
December Lunch Menu**

	December 18th	December 19th	December 20th	December 21st	December 22nd
Entrée #1	Breaded Pork Parmesean Sandwich	<div> R E a r l y s e </div>			
Entrée #2	Turkey Hoagie w/ Lettuce & Tomato				
Sides	Baked Potato or Crinkle Cut Fries Cooked Broccoli Carrot Sticks w/ Ranch				
Pizza	Smart Mouth Pizza				
Fruit & Veg	Crinkle Cut Fries Broccoli w/ Ranch				
Salad	Salad Bar	<div> Sack Lunches- Uncrustable PB&J or Turkey Sandwich w/ Carrot & Celery Sticks, Sunchips & fruit </div>			
Meat Options	Chicken Strips Hard Boiled Egg Shredded Cheese Queso Cheese		<div> WINTER BREAK! HAPPY HOLIDAYS from Sumter County School Nutrition! </div>		
Grain & Fruit	Tortilla Chips w/ Queso Black Beans Corn				

**Sumter County High School
December Breakfast Menu**

					December 1st
Hot Breakfast	<div>Milk and Fruit choices available at every meal!</div>				Scrambled Eggs Grits Sausage Patty WG Biscuit Juice Fruit
Cold Breakfast					Mini Pancakes Sausage Patty Juice Fruit
	December 4th	December 5th	December 6th	December 7th	December 8th
Hot Breakfast	Scrambled Eggs WG Grits Hashbrown Patty Sausage Patty	French Toast Sticks Fruit Juice	Sausage Biscuit Orange Juice Fruit	Scrambled Eggs Grits Sausage Patty Juice Fruit	Chicken Biscuit Orange Juice Fruit
Cold Breakfast	Bowl of Cereal (Assorted Variety) Banana Apple Juice	Blueberry Loaf Fresh Fruit Parfait w/ Granola Fruit	Pop Tart Yogurt Apple Juice Fruit	Bowl of Cereal (Assorted Variety) Fresh Fruit Parfait with Granola Apple Juice Fruit	Strawberry Mini Pancakes Fruit Juice Fruit
	December 11th	December 12th	December 13th	December 14th	December 15th
Hot Breakfast	French Toast Sticks Fruit Juice	Sausage Biscuit Orange Juice Fruit	Dave's Cinnamon Bun Grape Juice Fruit	Chicken Biscuit Orange Juice Fruit	Scrambled Eggs WG Grits Hashbrown Patty
Cold Breakfast	Pop Tart Yogurt Apple Juice Fruit	Chocolate Chip Muffin Top Fruit Juice Fruit	Bowl of Cereal (Assorted Variety) Fresh Fruit Parfait with Granola Apple Juice Fruit	Bowl of Cereal (Assorted Variety) Banana Apple Juice	Blueberry Loaf Yogurt Smoothie Fruit
	December 18th	December 19th	December 20th	December 21st	December 22nd
Hot Breakfast	Stuffed Hashbrown	Sausage Biscuit Juice Fruit	<div>WINTER BREAK! HAPPY HOLIDAYS from Sumter County School Nutrition!</div>		
Cold Breakfast	Chicken Biscuit Juice Fruit	Cereal Bar (Assorted Variety) Fresh Fruit Parfait with Granola Apple Juice Fruit			
	December 25th	December 26th	December 27th	December 28th	December 29th
Hot Breakfast	<div>WINTER BREAK! HAPPY HOLIDAYS from Sumter County School Nutrition!</div>				
Cold Breakfast					



(<https://www.jtmfoodgroup.com/>)

Pork Parmesan Sandwich

Yield: 24 | **Serving Size:** 186

INGREDIENTS

24 each

JTM Breaded Pork Chop (CP5694)

18 oz.

JTM Marinara Sauce (5703)

12 oz.

USDA Mozzarella Shredded (100021) ()

24 each

WG Bun/Roll (2 Grain Equivalent) ()



PREPARATION

Prep Time: 30 min.

Pre-Preparation:

Heat J.T.M. Marinara Sauce

Steamer for Sauces and Soups (From Frozen):

1. Place unopened bag in a full-size perforated pan
2. Heat approximately for 30 minutes or until product reaches serving temperature of 145°F (HACCP Critical Control Point - 145°F for 15 seconds)
3. Once the product has reached internal temperature, place on the serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use until ready to use
4. Open the bag carefully to avoid being burned

Prepare Pork Chop Patty:

1. Pre-heat oven to 375°F.
2. Place J.T.M. Breaded Pork Chop Patties on sheet pans with parchment paper in a single layer.
3. Heat for approximately 12 – 15 minutes in convection oven until patty reaches 155°F internal temperature.
Note: For a conventional oven, please allow 15 – 20 minutes at 350°F.
4. Top the pork chop patty with 0.75 oz. (1 Tbsp.) of J.T.M. Marinara Sauce and 1/2 oz. of shredded mozzarella cheese.
5. Finish in the oven for an additional 2-3 minutes to melt cheese.
6. Place the top of WGR bun.
7. Serve or wrap in foil and hot hold until ready for service. Please maintain at an internal temperature of 140° F until ready for service.

Provides: 2.0 oz. M/MA + 1/8 cup R/O vegetable + 2.5 oz. Grain Equivalent
(0.5 WGR serving in the WGR breading on the Pork Chop)

Nutritional information is based on calculations from various databases. The information is believed to be accurate, but does not constitute a guarantee.

MEAL COMPONENTS

Meat/Meat Alt.: 2

Grains: 2.5

Vegetable: 1/8 c R/O veg

NUTRITIONAL INFORMATION

Serving Size

186

Calories460 calories

Fat

21 grams

Sat. Fat

5 grams

Trans Fat

0 grams

Cholesterol

40 milligrams

Sodium

690 milligrams

Carbohydrates

47 grams

Dietary Fiber

7 grams

Sugars

9 grams

Protein

23 grams

Vitamin A

2 % UI

Vitamin C

8% milligrams

Calcium

15% milligrams

Iron

20% milligrams

*Information is compiled from multiple sources and may vary depending on the actual ingredients and prep methods used.

Buffalo Chicken Dip

Yield: 60

INGREDIENTS

5 lbs	Premium Queso Blanco Sauce (5718)
1 cup	Buffalo Style Sauce (5704)
5 lbs	Chicken, Cooked, Frozen, Diced or Pulled
7.35 lbs	Tortilla Chips



PREPARATION

Prep Time: 45 minutes

Heating Instructions for Queso Blanco & Buffalo Sauce:

1. Place unopened pouches in a full-size perforated pan.
2. Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.
3. Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.
4. Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

1. Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Assemble:

1. In a mixing bowl, combine 5 lbs of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.
2. In a full size 2" deep pan, toss cooked chicken with the buffalo queso mixture and blend thoroughly.

Portion:

1. In a bowl portion 2.8 oz. by weight, or #16 scoop of buffalo chicken dip.
2. Serve 2/3 cup of tortilla chips with buffalo dip.

Buffalo Dip = 2 M/MA +1 Grain

MEAL COMPONENTS

Meat/Meat Alt.:2 **Grains:**1

NUTRITIONAL INFORMATION

Serving Size

Calories	450 calories
Fat	23 grams
Sat. Fat	6 grams
Trans Fat	0 grams
Cholesterol	45 milligrams
Sodium	550 milligrams
Carbohydrates	39 grams
Dietary Fiber	4 grams
Sugars	2 grams
Protein	19 grams
Vitamin A	6 UI
Vitamin C	2 milligrams
Calcium	20 milligrams
Iron	4 milligrams