



**SAIS, JAMES BURD, NANCY GRAYSON & LUHRS ELEMENTARY SCHOOLS**  
**Breakfast & Lunch Menu - December 2022**

**Daily 1st Lunch Choice and Breakfast Choices**

<b>How to check your child's meal account balance?</b> 1. Log in to Skyward Family Access Center 2. Go to Food Service Icon 3. Meal purchases/balance will be available. 4. Online payment button in right corner will take you to Rev-Trak (online payment provider) <b>or</b> payment can be made by cash or check and sent to school. A 3.49% convenience fee is added to online payments.			1	2
			<b>Cheesy Dunkers w/Marinara</b>	<b>Fish Sticks w/Mac &amp; Cheese</b>
			<i>Maple or Blueberry Waffles</i>	<i>Strawberry or Cinnamon Poptarts</i>
5	6	7	8	9
<b>Pulled Pork Sandwich</b>	<b>Walking Taco w/Cheese, Lettuce &amp; Tomatoes</b>	<b>Sausage &amp; Egg Bagel Brunch w/Hash Brown</b>	<b>Cheese Ravioli w/ Dinner Roll</b>	<b>Toasted Cheese Sandwich</b>
<i>Apple or Banana Muffin</i>	<i>Strawberry or Chocolate Chip Oatmeal Bar</i>	<i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	<i>Mini Cinni or Mini Strawberry Cream Cheese Bagel</i>	<i>Pancake Sausage Stick or Apple Strudel</i>
12	13	14	15	16
<b>Dutch Chicken, Gravy &amp; Waffle</b>	<b>Chicken Quesadilla w/Salsa</b>	<b>Chicken Nuggets, Smile Fries &amp; Dinner Roll</b>	<b>HOLIDAY DINNER</b> <b>Turkey, Gravy, Mashed Potatoes, Stuffing, &amp; Cranberry Sauce</b>	<b>Pepperoni Pizza</b>
<i>Chocolate or Blueberry Muffin</i>	<i>Cinnamon or Triple Berry French Toast</i>	<i>Strawberry or Blueberry NutriGrain Bar</i>	<i>Maple or Blueberry Waffles</i>	<i>Strawberry or Cinnamon Poptarts</i>
19	20	21	22	23
<b>Pretzel Fun Lunch</b>	<b>Beef Tacos w/Cheese, Lettuce &amp; Tomatoes</b>	<b>1st Day of Winter</b> <b>Pancake, Sausage &amp; Egg Sandwich w/Hash Brown</b>	<b>2 HR EARLY DISMISSAL</b> <b>Mozzarella Sticks w/ Marinara</b>	
<i>Apple or Banana Muffin</i>	<i>Strawberry or Chocolate Chip Oatmeal Bar</i>	<i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	<i>Mini Cinni or Mini Strawberry Cream Cheese Bagel</i>	<b>Winter Break</b>
<b>Daily Alternative Lunch Choice</b>				
<b>Cheeseburger</b>	<b>Chicken Patty Sandwich</b>	<b>Hot Dog</b>	<b>Muffin Fun Lunch</b>	<b>Cheese Pizza</b>
<b>DAILY LUNCH VEGETABLES &amp; FRUIT</b>				
<b>Steamed Carrots</b>	<b>Corn</b>	<b>Baked Beans</b>	<b>Green Beans</b>	<b>Steamed Broccoli</b>
Assorted Fresh Vegetables				
Assorted Fresh & Chilled Fruits				
Assorted Fat Free & 1% Milk				
<b>DAILY BREAKFAST FRUIT</b>				
Assorted Fresh Fruit, Fruit Juice, and Milk				

**Students may eat breakfast at no charge through June 2, 2022**

**Visit [www.shipk12.nutrislice.com](http://www.shipk12.nutrislice.com) for calorie, nutrition and food allergy information**

**Due to continuing supply chain issues, All menu items as subject to change without notice.**

**Apply for Free/Reduced Meals anytime during the school year: [www.schoolcafe.com](http://www.schoolcafe.com)**

**Contact Food Service Office - 717.530.2722 if you have questions!**