

K-12th Lunch Menu

Monday

Steak Fingers
Steamed Rice
Green Beans
Applesauce
Assorted Fruit Juices
Low Fat Milk
Skim Milk
Ketchup

2

Tuesday

Meatloaf
Mashed Potatoes
Seasoned Cabbage
Frozen Fruit Juice Cup
Cornbread
Low Fat Milk
Skim Milk

3

Wednesday

Chicken Tenders
Cheesy Broccoli
Chilled Diced Peas
Fresh Fruit Cup
Whole Wheat Roll
Low Fat Milk
Skim Milk

4

Thursday

Vegetable Beef soup w
Cheese Toast
Fresh Apples
Fresh Banana
Assorted Fruit Juices
Low Fat Milk
Skim Milk

5

Friday

American Sub
Crispy French Fries
Fresh Orange
Low Fat Milk
Skim Milk
Ketchup
Mayonnaise
Mustard
Chocolate Chip Cookie

6

Beef Taco w/ Soft Taco
Whole Kernel Corn
Fruit Cocktail
Fresh Grapes
Low Fat Milk
Skim Milk

9

Meat Lover's Pizza
Tossed Salad w/ Dressing
Fresh Fruit Cup
Assorted Fruit Juice
Low Fat Milk
Skim Milk

10

Beef Steak Burgers
Seasoned Potato Wedges
Chilled Diced Peas
Assorted Fruit Juices
Low Fat Milk
Skim Milk

11

Baked Chicken
Steamed Rice
Peas & Carrots
Cornbread
Fresh Fruit Cup
Fruit Bowl
Low Fat Milk
Skim Milk

12

John Wayne Casserole
Green Beans
Fresh Peas
Whole Wheat Roll
Low Fat Milk
Skim Milk
Chocolate Chip Cookie

13

Chicken Nuggets
Mashed Potatoes
Fresh Peas
Fresh Fruit Cup
Whole Wheat Roll
Low Fat Milk
Skim Milk
Chocolate Chip Cookies
Ketchup

16

Chicken Noodle Soup
Steamed Broccoli
Cornbread
Fresh Peaches
Assorted Fruit Juices
Low Fat Milk
Skim Milk

17

Grilled Chicken Sandwich
Cheesy Baked Potato
Fresh Apple
Low Fat Milk
Skim Milk
Chocolate Chip Cookie

18

Homemade Dressing
Baked Turkey
Green Bean Casserole
Banana Pudding
Low Fat Milk
Skim Milk

19

Manager's Choice

20

23 Christmas Break!! **24** Happy Holidays **25** **26** **27**

30 Christmas Break!! **31** Happy Holidays

