

# DECEMBER 2019 - Menus

# Grades K-12 Lunch (Soft Diets)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12-2 Nacho Pretzel Pocket - <b>V</b> Cooked Diced Carrots Fruit Cup	12-3 Orange Meatball Rice Bowl Broccoli Buds Frozen Juice Slush	12-4 Beef & Cheese Taco Burrito Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	12-5 Philly Steak & Cheese Pinwheel Cooked Diced Carrots Fruit Cup	12-6 Cheese Burger Sliders Roasted Potato Wedges or Creamy Mashed Potatoes Fruit Cup
12-9 Bean & Cheese Chimichanga - <b>V</b> Crispy Potato Smiles or Creamy Mashed Potatoes Fruit Cup	12-10 WG Pepperoni Pizza Wedge Cooked Diced Carrots Frozen Juice Slush	12-11 Café LA Burger Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	12-12 Homestyle Chicken Tenders Cornbread Cooked Spinach Fruit Cup	12-13 Taco Bean Dip Artisan Roll Cooked Diced Carrots Frozen Peach Pop
12-16 PizzaBoli - <b>V</b> Cooked Diced Carrots Fruit Cup	12-17 Mama's Meatball Sub Broccoli Buds Frozen Juice Slush	12-18 Holiday Turkey & Gravy with Stuffing Cornbread Creamy Mashed Potatoes Fruit Cup	12-19 <b>New!</b> Nacho Pretzel Pocket Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	12-20 Homestyle Chicken Tenders Cooked Diced Carrots Fruit Cup
12-23 <b>WINTER RECESS – Happy Holidays</b>	12-24 <b>WINTER RECESS – Happy Holidays</b>	12-25 <b>WINTER RECESS – Happy Holidays</b>	12-26 <b>WINTER RECESS – Happy Holidays</b>	12-27 <b>WINTER RECESS – Happy Holidays</b>
12-30 <b>WINTER RECESS – Happy Holidays</b>	12-31 <b>WINTER RECESS – Happy Holidays</b>			

**All of the Grain/Bread items served are Whole Grain Rich.** Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable).

**S:** Items with an (S) can be saved for later **V:** Vegetarian items – \*\*Farm Fresh Fruits: Apple, Orange, Banana – Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

**Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat**

**MENUS ARE SUBJECT TO CHANGE**

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