

December 2017

Middle & High School Lunch Menu

NEW PIZZA ALERT!

New pizza's will be tested during December. French Bread style and Big Daddy's Cheese and Pepperoni pizza's will be offered.



Fruit Nutritionals



Milk Nutritionals

Milk and fresh seasonal fruit offered daily with each entree.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Monday Tuesday Wednesday Thursday Friday

Breakfast Meal Price \$1.75
Lunch Meal Price: \$3.50
1%, Non-Fat and Non-Fat Chocolate
Milk offered daily \$0.50



SALAD BAR OFFERED DAILY WITH EVERY ENTREE

100% Vegetable Juice Nutrition offered Tues & Fri

Salad Bar Daily Nutrition

4 Tomato Basil Soup
Baked Ziti
Toasted Cheese Sandwich
Jicama with chili & lime



5 Chicken Tacos
Whole Grain Tortillas
Beef Tamales
Tortilla Chips
Garbanzo Bean Salad

6 Waffles and Eggs
Turkey Sausage
Breakfast Potatoes

All Schools Minimum Day

7 UNO'S Cheese Pizza
UNO's Uncured Pepperoni Pizza
WG Corn Dog
Baked Waffle Cut Fries

8 Chicken Sub
Oven baked fries
Herb Roasted Chicken
Dinner Roll
Mashed Potatoes
Fresh Broccoli

11 Burrito Bowl
Black Bean & Cheese Quesadilla
Jicama with chili & lime



12 Chicken Tacos
Whole Grain Tortillas
Beef Tamales
Tortilla Chips
Garbanzo Bean Salad



13 WG Corn Dog
HOT Turkey & Cheese Sandwich
Baked Waffle Cut Fries

14 UNO'S Cheese Pizza
UNO's Uncured Pepperoni Pizza
Tahoe Cheeseburger
Baked Garlic Fries

15 Spaghetti & Meatballs
Chicken Tenders
Dinner Roll
Fresh Broccoli

18 Tomato Basil Soup
Baked Ziti
Toasted Cheese Sandwich
Jicama with chili & lime



19 Chicken Tacos
Whole Grain Tortillas
Beef Tamales
Tortilla Chips
Garbanzo Bean Salad

20 Tahoe Cheeseburger
HOT Turkey & Cheese Sandwich
Baked Waffle Cut Fries

21 UNO'S Cheese Pizza
UNO's Uncured Pepperoni Pizza
Edamame Kung Pao Chicken
Brown Rice

22



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Winter Break December 22, 2017 - January 5, 2018