



DECEMBER | 2022

Middle & High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 REGULAR OR SPICY CHICKEN TENDERS 23g CHEEZ-ITS 14g BAKED BEANS 30g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	2 WILD MIKE'S CHEESE BITES 28g GLAZED CARROTS 12g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
5 TACO IN A BAG TOP N' GO DORITOS 28g TACO MEAT 5g CHEESE, LETTUCE & SALSA 3g REFRIED BEANS 23g FRESH BROCCOLI & CELERY FRUIT & MILK	6 CHEESY BREAD 27g with MARINARA SAUCE 3g CAESAR SIDE SALAD 4g with CROUTONS 5g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK	7 PANCAKES 36g SAUSAGE PATTIES 0g HASH BROWNS 32g FRESH BROCCOLI & CAULIFLOWER FRUIT & MILK	8 MOZZARELLA STICKS 33g with MARINARA SAUCE 3g GOLDRUSH JUICE 10g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	9 SPAGHETTI (MS-21g / HS-41g) MEATBALLS (MS-5g / HS-6g) MARINARA SAUCE (MS-6g / HS-8g) BREADSTICK 14g MIXED VEGGIES 8g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
12 CHICKEN NUGGETS 32g MASHED POTATOES 20g with WHITE GRAVY 6g FRESH BROCCOLI & CELERY FRUIT & MILK	13 FIESTADA PIZZA 28g with SALSA 3g REFRIED BEANS 23g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK	14 GRILLED CHEESE SANDWICH 28g TOMATO SOUP 40g GOLDFISH CRACKERS 14g FRESH BROCCOLI & CAULIFLOWER FRUIT & MILK	15 BREADED CHICKEN 9g with WG BUN 25g CALIFORNIA BLEND 3g GRAPE TOMATOES & CUCUMBERS FRUIT & MILK	16 PEPPERONI PIZZA SUB 33g STEAMED BROCCOLI 5g with CHEESE SAUCE *optional* 3g BABY CARROTS & GRAPE TOMATOES FRUIT & MILK
19 COOK'S CHOICE	20 COOK'S CHOICE	21 NO SCHOOL (Christmas Break)	22 NO SCHOOL (Christmas Break)	23 NO SCHOOL (Christmas Break)
26 NO SCHOOL (Christmas Break)	27 NO SCHOOL (Christmas Break)	28 NO SCHOOL (Christmas Break)	29 NO SCHOOL (Christmas Break)	30 NO SCHOOL (Christmas Break)

PARENT INFO

*School lunches have returned to regular pricing for the 2022-2023 school year and are **no longer free for all**. Please make sure you have adequate money deposited into your child's lunch account.

FRESH FRUIT & VEGGIES

A variety of fresh veggies with ranch will be offered daily, along with many fresh fruit options.

DAILY ALTERNATE TRAY OPTIONS

- *PBJ UNCRUSTABLE
- *CHEF SALAD
- *SUB SANDWICH
- *LUNCHABLE

BREAKFAST

Breakfast is FREE and is served in two convenient locations in the hallway, between 7:45 am - 7:55 am. All middle and high school students are encouraged to take FREE breakfast! It can be eaten in the morning, taken to lunch, or taken home.

Menu is subject to change. The average carb count for canned fruit = 19-22g per ½ cup serving and fruit juice averages 13g carbs. The average carb count for ½ cup fresh raw vegetables = 5.4g. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.