

# Breakfast Pre-K

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Banana Muffin w/ 100% Fruit Juice
4 Blueberry Muffin w/ 100% Fruit Juice	5 Multi-Grain Cheerios w/ 100% Orange Juice	6 Corn Muffin w/ Fresh Apple Slices	7 Yogurt w/ 100% Orange Juice	8 Cheerios w/ 100% Grape Juice
11 Multi-Grain Flakes w/ 100% Grape Juice	12 Yogurt w/ Fresh Apple Slices	13 Rice Chex w/ 100% Apple Juice	14 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	15 Banana Muffin w/ Diced Peaches
18 Blueberry Muffin w/ 100% Fruit Juice	19 Multi-Grain Cinnamon Flakes w/ Diced Peaches	20 Multi-Grain Cheerios w/ Fresh Apple Slices	21 Yogurt w/ 100% Orange Juice	22 Cheerios w/ 100% Grape Juice
25	26	27	28	29

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Breakfast Milk Choices

1% Unflavored Milk  
Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"





# Breakfast K-12

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
4 Cinnamon Crisp Bar Raisins & 100% Grape Juice	5 Strawberry Yogurt w/ Graham Crackers or Breakfast Pizza Apple Slices & Diced Pineapple	6 Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	7 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	8 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
11 Banana Muffin Raisins & Applesauce	12 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	13 Frosted Flakes w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	14 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	15 Cinnamon Crisp Bar Raisins & 100% Grape Juice
18 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	19 Strawberry Yogurt w/ Graham Crackers or Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple	20 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	21 Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	22 Cinnamon Flakes w/ Graham Crackers Raisins & 100% Grape Juice
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# Lunch Pre-K

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple
4 Chicken Bites w/ Roasted Potatoes or <b>NEW!</b> Vegetarian Chili w/ Brown Rice & Green Beans (V)  Apple Slices	5 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantains (V)  Fresh Apple	6 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  Fresh Pear	7 <b>NEW!</b> Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V)  Orange Slices	8 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)  Italian Vegetables  Fresh Apple
11 Beef Burger w/ Ketchup & Green Beans or Spanish Rice & Beans w/ Plantain (V)  Apple Slices	12 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  Fresh Pear	13 Chicken Alfredo w/ Penne Pasta or Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Apple	14 Meatloaf w/ Gravy & Mashed Potatoes or <b>NEW!</b> Penne w/ Chickpeas in Tomato Sauce Broccoli  Orange Slices	15 Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  Fresh Apple
18 Chicken Parmesan w/ Green Beans or Penne w/ Tomato Sauce, & Mozzarella Cheese (V) Italian Vegetables  Apple Slices	19 Spanish Rice & Beans w/ Plantains (V)  Fresh Apple	20 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  Fresh Pear	21 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V)  Orange Slices	22 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V)  Fresh Apple
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# Lunch K-8

DECEMBER 2023

MON

TUE

WED

THU

FRI

4 Beef Cheeseburger w/  
Ketchup  
**or**  
Egg & Cheese Sandwich w/  
Ketchup (V)  
Roasted Potatoes  
Fresh Apple

5 Chicken Fajita w/ Black  
Beans & Tomato  
**or**  
Spanish Rice w/ Beans &  
Cheese (V)  
Fresh Pear

6 Spaghetti & Beef Meatballs  
in Tomato Sauce w/ Broccoli  
**or**  
Veggie Burger w/ Ketchup  
Garden Side Salad w/  
Ranch Dressing (V)  
Fresh Apple

7 Crispy Cheesy Chicken  
Biscuit Sandwich  
Celery Sticks w/ Ranch  
Dressing  
**or**  
Cobb Salad w/ Pita Bread  
(V)  
Fresh Banana

1 Chicken Breast  
Sandwich w/ Mayonnaise  
**or**  
French Bread Cheese  
Pizza (V)  
Baby Carrots w/ Ranch  
Dressing  
Fresh Apple

8 Turkey & Cheese  
Sandwich w/ Mayonnaise  
**or**  
Cheese Pizza (V)  
Baby Carrots w/ Ranch  
Dressing  
Fresh Apple

11 Chicken Nuggets w/  
Ketchup & Baked Beans  
**or**  
Falafel Bites w/ Quinoa  
Pilaf, Black Beans &  
Tomato (V)  
Fresh Apple

12 Beef Meatballs in Tomato  
Sauce w/ Club Roll  
**or**  
Home-Style Macaroni &  
Cheese (V)  
Broccoli  
Fresh Pear

13 Chicken Tamale w/ Baby  
Carrots & Ranch Dressing  
**or**  
French Toast Sticks w/  
Scrambled Eggs & Roasted  
Sweet Potatoes (V)  
Fresh Apple

14 Adobo Chicken w/ Cilantro  
Brown Rice & Street Corn  
**or**  
Veggie Burger w/ Ketchup  
& Roasted Potatoes (V)  
Fresh Banana

15 Egg Salad Sandwich (V)  
**or**  
French Bread Cheese  
Pizza (V)  
Celery w/ Ranch Dressing  
Fresh Apple

18 Meatloaf w/ Gravy &  
Mashed Potatoes  
**or**  
Cheese Quesadilla w/  
Street Corn (V)  
Fresh Apple

19 BBQ Chicken w/ Brown  
Rice & Baked Beans  
**or**  
Chickpea Marinara  
Pasta (V)  
Fresh Pear

20 **NEW!** Buffalo Chicken Melt  
Flatbread  
Celery Sticks w/ Ranch  
Dressing  
**or**  
Cheese Raviolis w/ Green  
Beans (V)  
Fresh Apple

21 Turkey Fajita w/ Brown Rice  
& Carrots  
**or**  
Stuffed Bread Sticks w/  
Marinara Sauce & 100%  
Vegetable Juice (V)  
Fresh Banana

22 Chicken Salad Sandwich  
**or**  
Cheese Pizza (V)  
Garden Salad w/ Ranch  
Dressing  
Fresh Apple

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**Lunch Milk Choices**  
1% Unflavored Milk  
Skim Unflavored Milk

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# Lunch 9-12

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Chicken Breast Sandwich w/ Mayonnaise <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
4 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange	5 Chicken Fajita w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice & Beans w/ Cheese (V) Diced Peaches & Fresh Pear	6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple	7 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	8 Turkey & Cheese Sandwich w/ Mayonnaise <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
11 Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple & Fresh Orange	12 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	13 Chicken Tamale w/ Baby Carrots, & Ranch Dressing <b>or</b> French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Banana & Fresh Apple	14 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana	15 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple & Raisins
18 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	19 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Chickpea Marinara Pasta (V) Diced Peaches & Fresh Pear	20 <b>NEW!</b> Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) Fresh Banana & Fresh Apple	21 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	22 Chicken Salad Sandwich <b>or</b> Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins
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# Snack K-12

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MON	TUE	WED	THU	FRI
				1 Corn Muffin w/ 100% Orange Juice
4 Roasted Sunflower Seeds w/ 100% Fruit Juice	5 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	6 <b>NEW!</b> Whole-Grain Sunchips w/ 100% Orange Juice	7 Mozzarella String Cheese w/ Fresh Large Apple	8 Whole-Grain Graham Crackers w/ 100% Orange Juice
11 Whole-Grain Pretzels w/ 100% Orange Juice	12 Whole-Grain Graham Crackers w/ 100% Fruit Juice	13 Blueberry Muffin w/ Mozzarella String Cheese	14 <b>NEW!</b> Quaker Chewy Bar w/100% Fruit Juice	15 Tostitos Scoops w/ 100% Apple Juice
18 Whole-Grain Cheez-its w/ 100% Fruit Juice	19 <b>NEW!</b> Doritos Cool Ranch w/100% Orange Juice	20 Whole-Grain Graham Crackers w/ 100% Apple Juice	21 Apple Cinnamon Muffin w/ Mozzarella String Cheese	22 Whole-Grain Pretzels w/ 100% Orange Juice
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# Supper Full Fresh

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MON	TUE	WED	THU	FRI
				1 Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple
4 Chicken Bites w/ Roasted Potatoes  Apple Slices	5 Hero Sandwich w/ Potato Salad  Fresh Apple	6 <b>NEW!</b> Adobo Chicken w/ Cilantro Brown Rice & Street Corn  Fresh Pear	7 Honey Bagel w/ Butter Mozzarella String Cheese(V)  Garden Side Salad w/ Ranch Dressing  Fresh Orange	8 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V)  Italian Vegetables  Fresh Apple
11 Beef Burger w/ Ketchup & Green Beans  Apple Slices	12 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing  Fresh Orange	13 Cheese Ravioli w/ Tomato Sauce & Italian Vegetables (V)  Fresh Apple	14 Turkey & Cheese Sandwich  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	15 Cheese Pizza (V)  Garden Side Salad w/ Ranch Dressing  Fresh Apple
18 Chicken Parmesan w/ Green Beans  Apple Slices	19 Hero Sandwich w/ Potato Salad  Fresh Orange	20 Salisbury Steak w/ Roasted Potatoes  Fresh Pear	21 Honey Bagel w/ Butter Mozzarella String Cheese(V)  Garden Side Salad w/ Ranch Dressing  Fresh Apple	22 Turkey Fajita w/ Brown Rice and Corn  Fresh Apple
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# Supper Grab&Go

DECEMBER 2023

MON	TUE	WED	THU	FRI
				1 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
4 Strawberry Yogurt w/ Granola Drops (V)  Baby Carrots  Applesauce	5 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V)  Fresh Orange	6 <b>NEW!</b> Buffalo Chicken Salad Sandwich <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	7 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	8 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
11 Sunbutter & Jelly Sandwich (V)  Baby Carrots  Diced Peaches	12 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	13 Build Your Own Pizza Kit (V)  Fresh Orange	14 Chicken Salad Sandwich Side Salad w/ Ranch Dressing Fresh Pear <b>or</b> Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	15 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
18 Strawberry Yogurt w/ Granola Drops (V)  Baby Carrots  Applesauce	19 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V)  Fresh Orange	20 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	21 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	22 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
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