

# December

## Middle and High School Lunch Menu

**COMMERCIAL FAST FOOD IS NOT PERMITTED IN THE SCHOOL CAFETERIAS!**

**BAG LUNCHES FROM HOME ARE WELCOME.**

Menu subject to change

Please see the [USDA](#) for nondiscrimination information



### LUNCH

OWG	No Charge
HM	No Charge
LUES	No Charge
WGMS	No Charge
JMHS	No Charge
Adult:	4.25

Monday

Tuesday

Wednesday

Thursday

Friday

### **Additional Items Daily:**

Low Fat Yogurt, Salad Specials

Sun Butter/Jelly Sandwich, Vegetarian Options

Deli Sandwiches, Bean Salads & Side Salads



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"WHERE LEARNING TASTES GOOD!"



1

Vegetable Soup  
w/grilled cheese  
Fresh Fruit  
Potato Wedges  
Milk

2

Mac & Cheese  
Side Salad  
Fruit  
Whole Grain Snack  
Milk

3

Pizza Crunchers  
Corn on the Cob  
Chilled Fruit Cup  
Cheez-it Crackers  
Milk

6

Teriyaki Potstickers  
Fresh Fruit  
Side Salad  
Gold Fish  
Milk

7

Hot Ham & Cheese  
Fresh Fruit  
Side Salad  
Cheese -Its  
Milk

8

Chicken Noodle Soup  
w/cheese stick  
Fresh Fruit  
Veggies/Dip  
Milk

9

Baked Chicken w/roll  
Potato Wedges  
Fresh Fruit  
Whole Grain Snack  
Milk

10

Cheese Pizza  
Tossed Salad  
Fresh Fruit  
Snack  
Milk

13

Meatballs w/marinara  
& garlic bread  
Veggies & Dip  
Applesauce  
Milk

14

Popcorn Chicken w/roll  
Sweet Potato Wedges  
Fresh Fruit  
Milk

15

Potato Chowder  
w/garlic cheese bread  
Applesauce  
Carrot Sticks  
Milk

16

Chicken Filet Sandwich  
Sweet Potato Wedges  
Applesauce  
Milk

17

