



Lunch - Main Fare - High Schools

DECEMBER 2021

1**-Choose 1-**

Chicken
& Waffles
Mini Pancakes
w/ Sausage Links

-Add-

Hot Spiced Apples
**-Garden Vegetable
Bar-**

Tossed Salad
Baby Carrots
Broccoli Florets

-Fruit Bar-

Chilled Pineapple
Chunks
Fresh Pear
Orange Wedges

2**-Choose 1-**

Rosé Bolognese
w/ Garlic Bread
Steak & Cheese
Stromboli
w/ Dipping Sauce

-Add-

Kickin' Roasted
Veggies
**-Garden Vegetable
Bar-**

Celery Sticks
Greek Salad
Sliced Beets

-Fruit Bar-

Mandarin Orange
Cup
Strawberry
Shortcake
Fresh Banana

3**-Choose 1-**

Popcorn Chicken
w/ Dinner Roll
Hippie Roll
w/ Dipping Sauce

-Add-

Mashed Potatoes
w/ Gravy
Parmesan
Broccolini

**-Garden Vegetable
Bar-**

BLT Salad
Baby Carrots
Cucumber Slices

-Fruit Bar-

Fresh Apple
Chilled Mixed Fruit
Fresh Melon

<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
-Choose 2 Grains-	-Choose 1-	-Choose 1-	-Choose 1-	-Choose 1-
Cinnamon Roll	Chicken Enchilada	Fiesta Queso	Lasagna	Chicken Tenders
Rice	w/ Fiesta Rice	Macaroni & Cheese	w/ Garlic Bread	w/ Dinner Roll
-Choose 1 Protein-	-Choose 2 Grains-	w/ Dinner Roll	-Choose 2 Grains-	All Beef Hot Dog
Dragon Fire Chicken	Fiesta Rice	Philly Cheese Steak	Spaghetti Noodles	w/ Bun
Chicken Teriyaki	Corn Tortilla Chips	-Add-	Garlic Bread	w/ Cheese Sauce
-Add-	Gordita Bread	Curly Fries	-Choose 1 Protein-	-Add-
Stir Fried Cabbage	-Choose 1 Protein-	Tomato Basil Soup	Crispy Chicken Fillet	Mashed Potatoes
-Garden Vegetable Bar-	Spicy Beef	-Garden Vegetable Bar-	Meatballs	w/ Gravy
Baby Carrots	Southwest Chicken	Tossed Salad	-Add-	Brussels Sprouts
Layered Lettuce Salad	-Add-	Sunny Broccoli & Cauliflower Toss	Alfredo Sauce	w/ Cheese Sauce
Cauliflower Florets	Golden Queso	Grape Tomatoes	Marinara Sauce	-Garden Vegetable Bar-
-Fruit Bar-	Candy Corn	-Fruit Bar-	Steamed Broccoli	Baby Carrots
Chilled Mixed Fruit	Refried Beans	Chilled Pineapple Chunks	-Garden Vegetable Bar-	Celery Sticks
Graham Banana Bites	-Garden Vegetable Bar-	Fresh Grape Clusters	BLT Salad	Super Food Salad
Orange Wedges	Shredded Romaine Lettuce	Fruit Crisp	Cucumber Slices	-Fruit Bar-
	Pico de Gallo		Pumpkin Soufflé	Applesauce Cup
	-Fruit Bar-		-Fruit Bar-	Kiwi Wedges
	Apple Wedges		Chilled Mandarin Oranges	Chilled Peaches
	Mango Pineapple Salsa		Fresh Strawberries	
	Frozen Fruit Juice Cup		Pear Wedges	

<p>13</p> <p>-Choose 2 Grains- Cinnamon Roll Rice</p> <p>-Choose 1 Protein- Honey Fire Chicken General Tso's Chicken</p> <p>-Add- Green Beans</p> <p>-Garden Vegetable Bar- Cauliflower Florets Grape Tomatoes Pomegranate Blueberry Spinach Salad</p> <p>-Fruit Bar- Apple Wedges Chilled Pears & Blueberries Fresh Grape Clusters</p>	<p>14</p> <p>-Choose 2 Grains- Rice Corn Tortilla Chips Flour Tortilla</p> <p>-Choose 1 Protein- Southwest Chicken Spicy Beef</p> <p>-Add- Golden Queso Black Beans Baked Plantains</p> <p>-Garden Vegetable Bar- Shredded Romaine Lettuce Pico de Gallo Corn Salad</p> <p>-Fruit Bar- Chilled Peaches Frozen Mixed Berry Cup Grapefruit Wedges</p>	<p>15</p> <p>-Choose 1- Chicken & Waffles Mini Pancakes w/ Sausage Links</p> <p>-Add- Hot Spiced Apples</p> <p>-Garden Vegetable Bar- Tossed Salad Baby Carrots Broccoli Florets</p> <p>-Fruit Bar- Chilled Pineapple Chunks Fresh Pear Orange Wedges</p>	<p>16</p> <p>-Choose 1- Rosé Bolognese w/ Garlic Bread Steak & Cheese Stromboli w/ Dipping Sauce</p> <p>-Add- Kickin' Roasted Veggies</p> <p>-Garden Vegetable Bar- Celery Sticks Greek Salad Sliced Beets</p> <p>-Fruit Bar- Mandarin Orange Cup Strawberry Shortcake Fresh Banana</p>	<p>17</p> <p>-Choose 1- Popcorn Chicken w/ Dinner Roll Hippie Roll w/ Dipping Sauce</p> <p>-Add- Mashed Potatoes w/ Gravy Parmesan Broccolini</p> <p>-Garden Vegetable Bar- BLT Salad Baby Carrots Cucumber Slices</p> <p>-Fruit Bar- Fresh Apple Chilled Mixed Fruit Fresh Melon</p>
<p>20</p> <p>- No School Today -</p>	<p>21</p> <p>- No School Today -</p>	<p>22</p> <p>- No School Today -</p>	<p>23</p> <p>- No School Today -</p>	<p>24</p> <p>- No School Today -</p>
<p>27</p> <p>- No School Today -</p>	<p>28</p> <p>- No School Today -</p>	<p>29</p> <p>- No School Today -</p>	<p>30</p> <p>- No School Today -</p>	<p>31</p> <p>- No School Today -</p>

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