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Lunch - Middle Schools

# DECEMBER 2021

1

**-Choose 1 Protein & Grain-**

Lasagna  
w/ Garlic Bread  
Corn Dog Nuggets  
Stuffed Crust  
Cheese Pizza

**-Add-**

Kickin' Roasted  
Veggies

**-Garden Vegetable Bar-**

Tossed Salad  
Grape Tomatoes

**-Fruit Bar-**

Fresh Banana  
Chilled Mandarin  
Oranges  
Strawberry  
Shortcake

2

**-Choose 1 Protein & Grain-**

Chicken Parmesan  
w/ Garlic Bread  
Steak & Cheese  
Stromboli  
w/ Dipping Sauce  
Pizza Sticks

w/ Dipping Sauce

**-Add-**

Parmesan  
Broccolini

**-Garden Vegetable Bar-**

Layered Lettuce  
Salad  
Cauliflower Florets

**-Fruit Bar-**

Orange Wedges  
Kiwi Wedges  
Chilled Pineapple  
Chunks

3

**-Choose 1 Protein & Grain-**

Popcorn Chicken  
w/ Dinner Roll  
Mini Calzones  
w/ Dipping Sauce  
Cheeseburger/Bun

**-Add-**

Mashed Potatoes  
w/ Gravy

Green Beans

**-Garden Vegetable Bar-**

Celery Sticks  
Super Food Salad

**-Fruit Bar-**

Fresh Apple  
Grapefruit Wedges  
Chilled Mixed Fruit

6	7	8	9	10
<b>-Choose 1 Protein &amp; Grain-</b>	<b>-Choose 2 Grains-</b>	<b>-Choose 1 Protein &amp; Grain-</b>	<b>-Choose 2 Grains-</b>	<b>-Choose 1 Protein &amp; Grain-</b>
All Beef Hot Dog w/ Bun w/ Cheese Sauce Fiesta Queso Macaroni & Cheese w/ Garlic Bread Pepperoni Pizza	Rice Corn Tortilla Chips Flour Tortilla <b>-Choose 1 Protein-</b> Southwest Chicken Spicy Beef	Crispy Chicken w/ Bun Steak Sub w/ Cheese, American, Sliced Grilled Cheese Sandwich	Spaghetti Noodles Garlic Bread <b>-Choose 1 Protein-</b> Crispy Chicken Fillet Meatballs	Chicken & Waffles Ham & Cheese Croissant Pizza Sticks w/ Dipping Sauce
<b>-Add-</b>	<b>-Add-</b>	<b>-Add-</b>	<b>-Add-</b>	<b>-Add-</b>
Baked Potato Broccoli & Cauliflower w/ Cheese Sauce	Golden Queso Refried Beans <b>-Garden Vegetable Bar-</b>	Baked Beans Potato Wedges <b>-Garden Vegetable Bar-</b>	Alfredo Sauce OR Marinara Sauce Steamed Broccoli <b>-Garden Vegetable Bar-</b>	Hot Spiced Apples <b>-Garden Vegetable Bar-</b>
<b>-Garden Vegetable Bar-</b>	Shredded Romaine Lettuce Diced Tomatoes	Shredded Romaine Lettuce Sliced Tomatoes	Baby Carrots Celery Sticks Pomegranate Blueberry Spinach Salad	Tossed Salad Broccoli Florets
Greek Salad Baby Carrots	Corn Salad	Pickles	<b>-Fruit Bar-</b>	<b>-Fruit Bar-</b> Fresh Grape Clusters
<b>-Fruit Bar-</b>	<b>-Fruit Bar-</b>	<b>-Fruit Bar-</b>	Orange Wedges Chilled Pineapple Chunks Fruit Crisp	Chilled Mixed Fruit Fresh Melon
Chilled Pears & Blueberries Graham Banana Bites	Chilled Peaches Fresh Pear Frozen Mixed Berry Cup	Pumpkin Soufflé Applesauce Cup Fresh Strawberries Fresh Banana		
Apple Wedges				

<p><b>13</b></p> <p><b>-Choose 1-</b> Spicy Chicken w/ Bun</p> <p><b>-Choose 2 Grains-</b> Cinnamon Roll Rice</p> <p><b>-Choose 1 Protein-</b> Honey Fire Chicken Chicken Teriyaki</p> <p><b>-Add-</b> Stir Fried Cabbage</p> <p><b>-Garden Vegetable Bar-</b> BLT Romaine Salad Baby Carrots Cucumber Slices</p> <p><b>-Fruit Bar-</b> Fresh Apple Frozen Fruit Juice Cup Chilled Pears &amp; Red Grapes</p>	<p><b>14</b></p> <p><b>-Choose 1 Protein &amp; Grain-</b> Chicken Enchilada Spicy Beef Soft Tacos w/ Cheese Cheese Quesadilla</p> <p><b>-Add-</b> Black Beans Baked Plantains</p> <p><b>-Garden Vegetable Bar-</b> Shredded Romaine Lettuce Pico de Gallo</p> <p><b>-Fruit Bar-</b> Fresh Pear Chilled Peaches Mango Pineapple Salsa</p>	<p><b>15</b></p> <p><b>-Choose 1 Protein &amp; Grain-</b> Lasagna w/ Garlic Bread Corn Dog Nuggets Stuffed Crust Cheese Pizza</p> <p><b>-Add-</b> Kickin' Roasted Veggies</p> <p><b>-Garden Vegetable Bar-</b> Tossed Salad Grape Tomatoes</p> <p><b>-Fruit Bar-</b> Fresh Banana Chilled Mandarin Oranges Strawberry Shortcake</p>	<p><b>16</b></p> <p><b>-Choose 1 Protein &amp; Grain-</b> Chicken Parmesan w/ Garlic Bread Steak &amp; Cheese Stromboli w/ Dipping Sauce Pizza Sticks w/ Dipping Sauce</p> <p><b>-Add-</b> Parmesan Broccolini</p> <p><b>-Garden Vegetable Bar-</b> Layered Lettuce Salad Cauliflower Florets</p> <p><b>-Fruit Bar-</b> Orange Wedges Kiwi Wedges Chilled Pineapple Chunks</p>	<p><b>17</b></p> <p><b>-Choose 1 Protein &amp; Grain-</b> Popcorn Chicken w/ Dinner Roll Mini Calzones w/ Dipping Sauce Cheeseburger/Bun</p> <p><b>-Add-</b> Mashed Potatoes w/ Gravy Green Beans</p> <p><b>-Garden Vegetable Bar-</b> Celery Sticks Super Food Salad</p> <p><b>-Fruit Bar-</b> Fresh Apple Grapefruit Wedges Chilled Mixed Fruit</p>
<p><b>20</b></p> <p>- No School Today -</p>	<p><b>21</b></p> <p>- No School Today -</p>	<p><b>22</b></p> <p>- No School Today -</p>	<p><b>23</b></p> <p>- No School Today -</p>	<p><b>24</b></p> <p>- No School Today -</p>
<p><b>27</b></p> <p>- No School Today -</p>	<p><b>28</b></p> <p>- No School Today -</p>	<p><b>29</b></p> <p>- No School Today -</p>	<p><b>30</b></p> <p>- No School Today -</p>	<p><b>31</b></p> <p>- No School Today -</p>

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