



# December 2022



# Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
			Vegetarian Chili Mac WG elbow noodles 2oz, Beans & shredded cheese 2oz Corn 3/4 c Broccoli (hot) 3/4c Craisins 1/2c	Chicken & Vegetable Dumplings WG wrapper 2oz, Chicken & veggie filling 2oz Cucumbers 3/4 c Edamame 3/4c Clementines 1/2c Sweet & Sour sauce
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
Meatloaf Meatloaf 2oz WG Texas toast 2oz Lemon chickpea salad 3/4c Apple 1/2c	Turkey Sausage Pizza Cheese/Turkey Sausage 2 oz, Pizza Crust 2 oz Broccoli (hot) 3/4 c Pineapple Cup 1/2c	Cheeseburger Beef Patty, cheese slice 2 oz, WG Burger Bun 2 oz Roasted Butternut Squash 3/4c Applesauce cup 1/2c	Teriyaki Chicken Diced chicken 2oz, WG brown rice 2oz Snap Peas 3/4c Banana -1/2 c	Beef Tacos WG tortilla 2oz, Ground beef 2oz Corn (hot) 3/4c Clementines 1/2c
12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
Lasagna Roll Up WG Lasagna noodles 1oz, Cheese 2oz Broccoli 3/4 c Apple 1/2 c WG dinner roll 1oz	Chicken Nachos WG tortilla chips 2oz, diced chicken w/cheese 2oz Corn (hot) 3/4c Pineapple Cup- 1/2 c	Chicken Nugget Chicken Nuggets 2oz Cucumber slices 3/4c Applesauce Cup 1/2 c WG dinner roll 1oz	Turkey Ham Roast Turkey Ham 2oz Mashed Sweet Potatoes 3/4 c Craisins 1/2c WG dinner roll 2oz	Fish Sticks Fish 2oz WG breading 2oz BBQ bean salad 3/4c Clementines 1/2c WG Dinner roll - 1 oz
12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
Alfredo Pasta WG penne 2oz, Alfredo 2oz, Diced chicken 1oz Green beans 1/2c Apple 1/2 c	Breakfast For Lunch Eggo waffles 2oz, Turkey sausage 2oz Seasoned potatoes 3/4c Pineapple Cup - 1/2 c	Bean & Cheese Tamale Bean & Cheese 2 oz, Corn Tamale 2 oz Red Bell Pepper Strips 3/4c Applesauce Cup 1/2 c	Chicken Nugget Chicken Nuggets 2oz Black bean corn salad 3/4c Pear 1/2c WG dinner roll 1oz	
12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022
<b>WINTER BREAK!!! HAPPY HOLIDAYS!!</b>				

