MENUS GOR DEGEMBER 2022





ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Breakfast:

Choose at least <u>3</u> of the <u>4</u> available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:20am to 7:45am

Tuesday, December 3

Line 1: Double Burger with Baked Fries
Line 2: French Bread Pizza with Steamed Corn

Wednesday, December 4

Line 1: French Toast Sticks & Sausage Links Line 2: Cheeseburger with Hash Brown Potatoes

Thursday, December 5

Line 1: Popcorn Chicken with Mac & Cheese Line 2: Spicy Buffalo Chicken Bites with Dipping Sauce

Friday, December 6

Line 1: Baked Lasagna with Toasted Bread Stick Line 2: Garlic French Bread Cheese Pizza







REALLY Hot Chocolate!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Making a Complete Meal

A school lunch consist of <u>5</u> components: Protein, Vegetables, Grains, Fruit and Milk. Please choose at least <u>3</u> components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

Monday, December 9

Line 1: Grilled Cheese with Cup of Soup Line 2: Toasted Ham & Cheese on a Pretzel Bun

Tuesday, December 10

Line 1: Beef & Cheese Nachos & Steamed Corn Line 2: Chicken Sandwich with Cheesy Potatoes

Wednesday, December 11

Line 1: Asian Chicken with Rice & Broccoli Line 2: Cheeseburger

Thursday, December 12

Line 1: BBQ Rib Sandwich

Line 2: Chicken Sandwich with Mac & Cheese

Friday, December 13

Line 1: Hot Honey Chicken Sandwich Line 2: French Bread Pizza

Clementines Clementines are small citrus fruits that kids love! They're usually seedless, and each juicy, easy-topeel little orange contains 35 calories, a gram of fiber, and 60% of your daily vitamin C.

Monday, December 16

Line 1: Double Burger with Baked Fries
Line 2: French Bread Pizza

Tuesday, December 17

Line 1: Quesadilla Pizza with Spanish Rice Line 2: Baked Hoagie or Pizza

Wednesday, December 18

Stuffed Chicken Breast with Dinner Roll
Whipped Potatoes & Gravy
Steamed Seasoned Broccoli
Holiday Dessert

Thursday, December 19

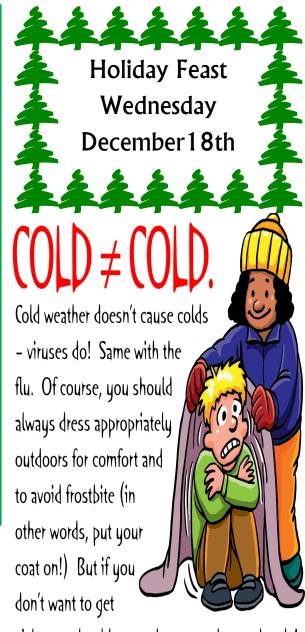
Line 1: Popcorn Chicken with Curly Fries &
Baked Onion Rings
Line 2: Garlic French Bread Cheese Pizza

Friday, December 20

Line 1: BOSCO Sticks with Pizza Sauce Line 2: Deli Hoagie or Chef's Salad

Classes Resume January 2nd





sick, you should remember to wash your hands!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!