

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Hot Ham & Cheese on a Pretzel Bun Green Beans	3 Cheeseburger Carrots	4 Corn Dog Nuggets Mixed Veggies	5 BBQ Rib Sandwich Broccoli
8 Chicken Patty on a Bun Green Beans	9 Lasagna Rollup w/Sliced Bread Broccoli	10 Popcorn Chicken Bowl w/Garlic Toast Corn	11 Cheesy Chicken Fajita Dip w/Tortilla Chips Carrots	12 Hot Dog on a Bun BBQ Bacon Baked Beans
15 Beef & Cheese Walking Taco w/Sliced Bread Seasoned Refried Beans HAPPY HANUKKAH	16 Oven Roasted Ham w/Sliced Bread Scalloped Potatoes Green Beans	17 Chicken Nuggets w/Buttered Noodles Corn MAGNET	18 Buffalo Chicken Dipper w/Tortilla Chips Green Beans	19 Fiestada Pizza Baby Carrots w/Ranch Dressing MAGNET
22 Chicken Patty on a Bun Corn MAGNET	23 NO SCHOOL	24 NO SCHOOL MAGNET	25 Merry Christmas NO SCHOOL MAGNET	26 NO SCHOOL MAGNET
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	Happy Holidays Serving you healthy, tasty favorites is a gift to us.	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate

Choice of Vegetable, Choice of Fruit*

Choice of Grain/Bread, and Choice of Milk

*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots

Dark Leafy Greens | Legume Salads

Celery & Cucumber

*May choose two 1/2 cup servings

Crisp Apple | Sliced Peaches | Mixed Fruit

Fresh Orange | Banana | Pineapple Tidbits

Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Breaded Chicken Patty Sandwich

Hot Dog on a Bun

Cheeseburger

Grilled Chicken Sandwich

Cheese Pizza

Pepperoni Pizza

Chef's Salad w/Ham & Turkey