

# Breakfast K-12

DECEMBER 2023

MON

TUE

WED

THU

FRI

4

Cinnamon Crisp Bar  
Raisins & 100%  
Grape Juice

5

Strawberry Yogurt w/  
Graham Crackers  
or  
Breakfast Pizza  
Apple Slices & Diced  
Pineapple

6

Cinnamon Flakes w/  
Graham Crackers  
or  
Apple Frudel  
Diced Peaches & 100%  
Grape Juice

7

Plain Bagel w/ Cream  
Cheese  
or  
Waffles w/ Syrup  
Apple Slices & 100%  
Orange Juice

8

Blueberry Muffin  
Fresh Orange & 100%  
Pineapple Juice

11

Banana Muffin  
Raisins & Applesauce

12

Strawberry Yogurt w/  
Graham Crackers  
or  
Apple Frudel  
Apple Slices & Diced  
Pineapple

13

Frosted Flakes w/  
Graham Crackers  
or  
Cinnamon Butter  
Honey Biscuit  
Diced Peaches & 100%  
Grape Juice

14

Cinnamon Toast  
Crunch w/Graham  
Crackers  
or  
Pancakes w/ Syrup  
Apple Slices & 100%  
Orange Juice

15

Cinnamon Crisp Bar  
Raisins & 100%  
Grape Juice

18

Cherry Cocoa Bar  
Fresh Pear & 100%  
Pineapple Juice

19

Strawberry Yogurt w/  
Graham Crackers  
or  
Mini Sausage &  
Cheese Flatbread  
Apple Slices & Diced  
Pineapple

20

Honey Cheerios w/  
Graham Crackers  
or  
French Toast w/ Syrup  
Diced Peaches & 100%  
Grape Juice

21

Plain Bagel w/ Cream  
Cheese  
or  
Cinnamon Bun  
Apple Slices & 100%  
Orange Juice

22

Cinnamon Flakes w/  
Graham Crackers  
Raisins & 100%  
Grape Juice

25

26

27

28

29

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

## Please Note

- Locally Grown Component Served Daily
- Menu is subject to change
- Vegetarian Meal Option indicated with a "V"





# Lunch K-8

DECEMBER 2023

MON	TUE	WED	THU	FRI
4 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	5 Chicken Fajita w/ Black Beans & Tomato <b>or</b> Spanish Rice w/ Beans & Cheese (V) Fresh Pear	6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	7 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Fresh Banana	1 Chicken Breast Sandwich w/ Mayonnaise <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
11 Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	12 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	13 Chicken Tamale w/ Baby Carrots & Ranch Dressing <b>or</b> French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Apple	14 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	15 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
18 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> Cheese Quesadilla w/ Street Corn (V) Fresh Apple	19 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Chickpea Marinara Pasta (V) Fresh Pear	20 <b>NEW!</b> Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) Fresh Apple	21 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	22 Chicken Salad Sandwich <b>or</b> Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
25 26	26 27	27 28	28 29	29

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