

December 2022 Secondary Lunch Menu

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<p><u>Breakfast is Offered Daily</u> Menu Rotation Is posted on the District Website You may also view the menu on the Nutrislice App on your mobile device.</p>			<p>Southwest Chili Bar Homemade Beef & Bean Chili or Vegetarian Chili Variety of Toppings Shredded Cheddar, Sour Cream Diced Onion & Olives Warm Corn Bread A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Chicken Mania Crispy Chicken Bites Tossed in a Variety of Sauces Offered with French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
5	6	7	8	9
<p>Breakfast Sandwiches Assorted Breakfast Breads Toppings May include: Bacon, Sausage, Ham, Egg & Cheese Mini Yogurt Parfaits Sweet Potato Puffs A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Chili Lime Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Mac & Cheeseology Choice of : Buffalo Chicken Or Southwestern Beef Served over Homemade Macaroni & Cheese Dinner Roll Crisp Caesar Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>General Tso's Chicken Lucky Fried Rice Steamed Broccoli A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Philly Chicken Cheese Steak Sauteed Chicken, Peppers, Onions Topped with Melted Cheddar Cheese In a Torpedo Roll Crisp Baked Onion Rings A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
12	13	14	15	16
<p>Soup & Sandwich Local Apple & Cheddar Grilled Panini With a Cup of Creamy Tomato Soup A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Italian Pasta Perfecto Chicken Cutlet Parmesan Or Eggplant Lasagna Served over Pasta with Marinara Sauce <i>Zucchini & Yellow Squash Chips</i> <i>Local</i> Garlic Bread A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Revolution Noodle Bowls Asian Chicken or Tofu Lo-mien Or Chicken & Vegetable Steamed Dumplings Fresh Medley of Steamed Vegetables Vegetable Fried Rice A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Holiday Dinner Roast Turkey (Middle Schools) Roast Beef (High School) Local Mashed Potatoes & Gravy Local Roasted Brussel Sprouts Warm Blueberry Crisp A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
19	20	21	22	23
<p>Popcorn Chicken Bowl Crispy Chicken Bites Cheddar Cheese <u>Local</u> Mashed Potatoes Gravy & Dinner Roll Seasoned Corn A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Taco/Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips, Soft Flour Tortillas Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Crispy Fish Tacos Crisp Oven Baked Pollock Soft Flour Tortillas Shredded Lettuce, Tomato Spanish Rice & Refried Beans Local Kale Slaw A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Hot Pancakes with Blueberries & Cream Maple Syrup Breakfast Sausage Scrambled Eggs Seasoned Home fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>Holiday Break</p>
26	27	28	29	30
<p>Holiday Break</p>	<p>Holiday Break</p>	<p>Holiday Break</p>	<p>Holiday Break</p>	<p>Holiday Break</p>

Middle Schools & High School

Available daily:

Three Cheese Pizza & Pepperoni Pizza

Daily Specials:

Monday- Buffalo Chicken Pizza

Tuesday- Broccoli & Cheese Calzone

Wednesday-Garlic Chicken Pizza

Thursday- Taco pizza

Friday- Italian Stromboli

grilled

Available daily:

Hamburger, Cheeseburger & Chicken Nuggets Offered w/Dinner Roll

Daily Specials:

Monday - Hot Dog on a Roll

Tuesday - Grilled Chicken Ranch BLT

Wednesday - Beef, Bean and Cheese Burrito

Thursday - Italian Meatball Sub

Friday - Crispy Fish Sticks w/ Oven Baked Fries, Tartar Sauce & Dinner Roll



Vegetarian Options

Available daily:

Veggie Burger, Garden Salad w/Egg, Cheese Pizza & Yogurt Parfait

Daily Specials:

Monday - Sun butter & Jelly Sandwich

Tuesday - Grilled Cheese Sandwich

Wednesday - Hummus Fun Lunch

Thursday - Mozzarella Sticks w/Marinara Sauce & Dinner Roll

Friday - Cheese & Herb Flat Bread Pizza

ON THE GO

Daily Deli/Salad Specials may include:

Buffalo Chicken Sandwich or Salad Plate

Chicken Caesar Wrap or Salad Plate

Turkey & Cheese BLT Sandwich

Italian Hoagie

Chef w/ Meat Salad Plate

Chef w/Egg Salad Plate

Tuna Sandwich or Salad Plate

Greek Salad Chicken Wrap or Salad Plate

Veggie Wrap

All entrée are offered with Whole Grain Bread

All meals are offered with a variety of fresh fruits and vegetables--local when available.

All meals are offered with a choice milk (Skim, 1% low fat white or fat free chocolate).

Due to Ongoing Food Supply Issues Menu is subject to change.

This institution is an equal opportunity provider.