### Menus for December 2022

**Breakfast Choices**
- Cereal w/Toast or Listed Entree
- 100% Fruit Juice (apple or orange)
- Fresh/Canned Fruit
- Choice of Low-Fat Chocolate or White Milk

**Available Daily**
- Alternate Lunch Choices
  - Entrée: PB&J Sandwich M,W,F
  - Muffin, Yogurt, String Cheese T,TH
  - Vegetable: Side Salad (Tues thru Fri)
  - Fruit: 100% Orange or Apple Juice (4 oz)
  - Fresh/Canned Fruit
- Choice of Low-Fat Chocolate or White Milk

### Breakfast
- **Monday, Dec. 5**
  - Breakfast: Cinnabiscuit w/Yogurt Dip
    - Applesauce
    - 100% Juice, Milk
  - Lunch: Bosco Sticks w/Marinara
    - French Fries
    - Tropical Mixed Fruit
    - 100% Juice, Milk
- **Tuesday, Dec. 6**
  - Breakfast: Scrambled Eggs w/Diced Ham & Toast
    - Apple Wedges
    - 100% Juice, Milk
  - Lunch: Soft Beef Taco w/Salsa/Sour Cream
    - Yogurt/Muffin/Cheese
    - Side Salad
    - Golden Corn
    - Refried Beans
    - Peaches
    - 100% Juice, Milk
- **Wednesday, Dec. 7**
  - Breakfast: Creamy Oatmeal w/Cinnamon Toast
    - Banana, Raisins
    - 100% Juice, Milk
  - Lunch: Toasted Cheese Sand. PBJ & Yogurt
    - Side Salad
    - Tomato Soup
    - Grapes
    - 100% Juice, Milk
    - Bonus: Goldfish
- **Thursday, Dec. 8**
  - Breakfast: Biscuit & Gravy w/Sausage Patty
    - Orange Wedges
    - 100% Juice, Milk
  - Lunch: Chicken Teriyaki w/Rice
    - Yogurt/Muffin/Cheese
    - Side Salad
    - Steamed Broccoli
    - Mandarin Oranges
    - 100% Juice, Milk
- **Friday, Dec. 9**
  - Breakfast: Frudel Friday
    - Peaches
    - 100% Juice, Milk
  - Lunch: Cheese Pizza PBJ & Yogurt
    - Side Salad
    - Celery w/SB
    - Steamed Broccoli
    - Mandarin Oranges
    - 100% Juice, Milk
    - Bonus: Jello

### Lunch
- **Monday, Dec. 5**
  - Soft Beef Taco w/Salsa/Sour Cream
  - Yogurt/Muffin/Cheese
- **Tuesday, Dec. 6**
  - Tomato Soup
- **Wednesday, Dec. 7**
  - Grapes
- **Thursday, Dec. 8**
  - Steamed Broccoli
- **Friday, Dec. 9**
  - Mandarin Oranges

### Weekly Specials
- **Thursday, Dec. 1**
  - Breakfast: Biscuit & Gravy w/Sausage Patty
  - Orange Wedges
  - 100% Juice, Milk
  - Lunch: Cheese Ravioli w/Spaghetti Sauce
  - Yogurt/Muffin/Chess
  - Side Salad
  - Green Beans
  - Applesauce
  - 100% Juice, Milk
  - Bonus: Fruit Snacks
- **Friday, Dec. 2**
  - Breakfast: Pancakes w/Syrup
  - Peaches
  - 100% Juice, Milk
  - Lunch: Pepperoni Pizza
  - PBJ & Yogurt
  - Side Salad
  - Celery w/SB
  - Veggie Beans
  - Strawberries
  - 100% Juice, Milk

### Meal Application Information
- Applications for free or reduced-cost meals are available online through parent portal or paper copies can be found at any school front office or can be downloaded from the Food Service website any time during the school year. Students receiving benefits last year must have a new application approved each school year.
- As benefits cannot begin until the date the application is approved, it is important to fill out and return as soon as possible. Charges incurred before application approval must be paid. If you need help filling out an application or have questions, please call the Food Service Office at 735-3753.
### Monday, Dec. 12
**Breakfast**
Apple Breakfast Bites  
Applesauce  
100% Juice, Milk  
**Lunch**
Cherry Blossom  
Chicken w/Rice  
PBJ & Yogurt  
Cooked Carrots  
Pineapple  
100% Juice  
Milk  
**Bonus:** Pudding

### Tuesday, Dec. 13
**Breakfast**
Cheesy Egg Patty  
w/Cinnamon Toast  
Apple Wedges  
100% Juice, Milk  
**Lunch**
Chili Cheese Nachos  
w/Salsa/Sour Cream  
Yogurt/Muffin/Cheese  
Side Salad  
Golden Corn  
Mexican Rice  
Peaches  
100% Juice  
Milk  
**Bonus:** Pudding

### Wednesday, Dec. 14
**Breakfast**
Creamy Oatmeal  
w/Cinnamon Toast  
Banana, Raisins  
100% Juice, Milk  
**Lunch**
BBQ Pork Sandwich  
PBJ & Yogurt  
Side Salad  
Tater Tots  
Baked Beans  
Grapes  
100% Juice  
Milk  
**Bonus:** Cherry Crisp

### Thursday, Dec. 15
**Breakfast**
Biscuit & Gravy  
w/Sausage Patty  
Orange Wedges  
100% Juice, Milk  
**Lunch**
Baked Ham w/Roll  
Yogurt/Muffin/Cheese  
Side Salad  
Garden Peas  
Mandarin Oranges  
100% Juice  
Milk  
**Bonus:** Chocolate Chip Cookie

### Friday, Dec. 16
**Breakfast**
Pancakes w/Syrup  
Peaches  
100% Juice, Milk  
**Lunch**
Pepperoni Pizza  
PBJ & Yogurt  
Side Salad  
Celery w/SB  
Garden Peas  
Mandarin Oranges  
100% Juice  
Milk  
**Bonus:** Pudding

### Monday, Dec. 19
**Breakfast**
Oatmeal Breakfast  
Round  
Applesauce  
100% Juice, Milk  
**Lunch**
Cheeseburger  
PBJ & Yogurt  
Lettuce/Tomato/Pickle  
French Fries  
Cooked Carrots  
Applesauce  
100% Juice  
Milk