



DECEMBER | 2022

High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Beef Nachos or Queso Chicken Rice, Salsa, Sour Cream Black Beans, Corn Mexican Salad Mandarin Oranges Fresh Bananas Milk	2 Pizza Crunchers or Mini Cheese Calzones Marinara Sauce Steamed Broccoli Veggie Boats with Dip Applesauce Cups Fresh Oranges Milk
5 Fiestada Pizza or Chicken/Cheese Quesadilla Salsa, Sour Cream Corn, Refried Beans Cucumbers with Dip Peach Cups Frozen Sidekicks Milk	6 Chicken Tenders or Fish Tenders Waffle Fries Green Beans Mini Biscuit Pear Cups Fresh Apples Milk	7 Spaghetti with Meatballs or Chicken Alfredo Breadstick Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	8 No School Immaculate Conception	9 Mini French Toast or Mini Waffles Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Fresh Oranges Milk
12 Chicken Patty Sandwich or Fish Sandwich Potato Wedges Baked Beans Celery with Dip Peach Cups Frozen Sidekicks Milk	13, 4, or 5-Way Chili Spaghetti Kidney Beans, Oyster Crackers Shredded Cheese, Onions Glazed Carrots Garden Salads Pear Cups Fresh Apples Milk	14 Roast Beef with Gravy Dinner Roll or Turkey/Ham and Cheese Sub Mashed Potatoes Green Beans Strawberry or Mixed Berry Cups Fresh Grapes Milk	15 Exams No Lunch Served	16 Exams No Lunch Served
19 Exams No Lunch Served	20 Exams No Lunch Served	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30

Alternate Meal

Options

Milk and choice of fruits and vegetables offered daily with all alternate meal options

PB&J Grab & Go

PB&J Uncrustable, cheese stick, Goldfish crackers

Yogurt Grab & Go

Yoplait yogurt, cheese stick, Goldfish crackers and pretzels

Turkey or Ham Lunchable

Turkey or ham, cheese cubes, Goldfish crackers and pretzels

Chef Salad

Turkey or ham, hard-boiled egg, romaine, cucumbers, tomatoes Goldfish crackers and pretzels

Buffalo or Plain Chicken Wrap

Meat options not offered on Fridays

Menu subject to change by product availability