

DECEMBER 2022

BREAKFAST & LUNCH MENUS

*Menu Subject to Change.

Updated 11.11.2022

Monday



*= pork-based

BREAKFAST
Big Muffin

LUNCH
Beef Meatball Sub
Choose your sauce (BBQ or Sweet & Sour) OR Hummus, Cheese & Pita
Mixed Vegetables

BREAKFAST
Big Bowl Cereal

LUNCH
Honey BBQ Rib Patty
OR
Bean Dip, Cheese & Cheez-its
Green Peas

BREAKFAST
Cinnamon Bun Crunchmania

LUNCH
Chicken Nuggets w/ Cheesy Garlic Breadstick
OR Cheesy Pizza Lunchable
Flame Roasted Corn & Bean Blend



Tuesday

BREAKFAST
Cereal w/ Grahams

LUNCH
Mint-Turkey Pancake Wraps
OR
Cheesy Nachos w/ Cheese
Edamame

BREAKFAST
Yogurt w/ Cereal Bar

LUNCH
Chicken Sausage w/ French Toast Bites OR
Sun Jammer w/ Cheese stick
Tater Tots

BREAKFAST
Muffin Top

LUNCH
Western-Style Omelet w/ Ham* & Biscuit
OR Bean Dip, Cheese & Cheez-its
Lunchable
Edamame



Wednesday

FRUIT ROTATION*		
DAY	Breakfast	Lunch
Mon	Raisin	Apple slices
Tues	Apple slices	Banana
Wed	Banana	Orange or Grapes
Thurs	Orange or Grapes	100% Juice
Fri	100% Juice	Raisin

BREAKFAST
Egg & Cheese Breakfast Bagel

LUNCH
Cheeseburger OR
Yogurt Power Pack (Yogurt, Chocolate Banza Butter & Grahams)
Potato Wedges

BREAKFAST
Turkey Sausage Breakfast Pizza

LUNCH
Chicken Paity Sandwich OR
Egg Power Pack (Egg, Cheese & Pretzel Goldfish)
Baked Beans

BREAKFAST
Warm Mini-Cinnamon French Toast

LUNCH
Salisbury Steak w/ Mashed Potatoes & Cornbread OR Egg Power Pack (Egg, Cheese & Pretzel Goldfish)
Carrots



Thursday

BREAKFAST
Cinnamon Toast Crunch Cream Cheese Breakfast Bar

LUNCH
Beef Chili w/ Cornbread
OR
Cheesy Pizza Lunchable
Green Beans

BREAKFAST
Donut Ring

LUNCH
Chicken Alfredo w/ Bowtie Pasta
OR
Cheesy Pizza Lunchable
Carrots

BREAKFAST
Muffin Top

LUNCH
Walking Beef Taco
OR Pretzel Twists w/ Cheese Cup & Cheese
Carrots

BREAKFAST
Pumpkin Bread Slice

LUNCH
Cheesy Pull Apart Bread
OR
Sun Jammer w/ Cheese stick
Dragon Punch Veg Juice



Friday

BREAKFAST
Warm Turkey & Cheese on Hawaiian Bun

LUNCH
Beef Pepperoni Calzone
OR
Sun Jammer w/ Cheese stick
Ranchero Beans

BREAKFAST
Warm Mini-Maple Waffles

LUNCH
Mozzarella Sticks w/ Marinara
OR Turkey Stick, Cheese & Goldfish Pretzel Lunchable
Broccoli

BREAKFAST
Warm Blueberry Belgium Waffle

LUNCH
Cheesy Breadsticks OR
Yogurt Power Pack (Yogurt, Chocolate Banza Butter & Grahams)
Broccoli

NO SCHOOL
12/23/22-1/8/23
Classes resume 1/9/23!



Enjoy Winter Break!

Happy New Year- 2023!

In accordance with Federal Law & U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director/Office of Adjudication, 1400 Independence Ave. SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service (800) 877-8339 or (800) 645-6136 (Spanish) USDA is an equal opportunity provider & employer.

Milk Offered Daily at Both Meals
Choices: White, Chocolate & Strawberry

Menu Questions?
Contact Christine Cliff, U-46 District Dietitian, at ChristineCliff@u-46.org or (847) 888-5000 x5034

Find Allergen and Carbohydrate Information at <https://www.u-46.org/Page/9190>