

# December

# 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# LUNCH

					<b>1</b> 2-CHICKEN DOGS 2-WHOLE WHEAT BUNS 1/2-CUP SAUERKRAUT 1/2-CUP VEGGIE BEANS 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	<b>2</b> 4-OZ CHICKEN STIR FRY 1/2-CUP BROWN RICE 1-EGG ROLL 1-PEAR 8-OZ SKIM MILK	<b>3</b>
<b>4</b>	<b>5</b> 4-OZ BEEF/CHICK PATTY 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1-COCO BREAD 1-APPLE 8-OZ SKIM MILK	<b>6</b> 4-OZ CHICKEN FARM 1/2-CUP WHEAT SPAGHETTI 1/2-CUP TOSSED SALAD 1/2-OZ L.F. DRESSING 1-BANANA 8-OZ SKIM MILK	<b>7</b> 4-OZ BEEFARONI 1/2-CUP TOSSED SALAD 1/2-OZ L.F. DRESSING 2-SL. WHEAT BREAD 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	<b>8</b> 4-OZ BBQ CHICKEN 1/2-CUP MAC/CHEESE 1/2-CUP PEAS 1-APPLE 1-WHEAT DINNER ROLL 8-OZ SKIM MILK	<b>9</b> 4-OZ BAKED TILAPIA 1/2-CUP LINGUINI 1/2-CUP VEG. MEDLEY 1-WHEAT DINNER ROLL 1-ORANGE 8-OZ SKIM MILK	<b>10</b>	
<b>11</b>	<b>12</b> 4-OZ TURKEY MEATLOAF 1/2-CUP SPANISH RICE 1-CORN ON COB 1-WHEAT ROLL 1-PLUM 8-OZ SKIM MILK	<b>13</b> 4-OZ TUNA/EGG SALAD LOWFAT MAYO 1-WHEAT KAISER ROLL 1/2-CUP LET/TOM 1/2-CUP MAC SALAD 1-APPLE 8-OZ MILK	<b>14</b> 4-OZ MEATBALLS 1-6 INCH HERO 1/2-CUP TOSSED SALAD 1/2-OZ L.F. DRESSING 1/2-CUP S.F. VAN.PUDDING 1-WHEAT DINNER ROLL 8-OZ SKIM MILK	<b>15</b> 4-OZ BREADED FLOUNDER 1/2- MASHED POTATO 1/2-CUP TOSSED SALAD 1/2-OZ L.F. DRESSING 1/2-CUP S.F. JELLO 1-WHEAT DINNER ROLL 8-OZ SKIM MILK	<b>16</b> 4-OZ CH.BURGER 1-WHOLE WHEAT BUN 1/2-CUP POTATO SALAD 1/2-CUP LET/TOM 1-BANANA 8-OZ SKIM MILK	<b>17</b>	
<b>18</b>	<b>19</b> 4-OZ CHICKEN SANDWICH 1-WHEAT KAISER ROLL 1/2-CUP LET/TOM 1/2-CUP 3-BEAN SALAD 1/2-CUP S.F.CHOC.PUDDING 8-OZ SKIM MILK	<b>20</b> 4-OZ HAM/TURE CHEESE 1-WHEAT KAISER ROLL 1/2-CUP LET/TOM 1/2-CUP POTATO SALAD 1-PEAR 8-OZ SKIM MILK	<b>21</b> 4-OZ SAUSAGE/PEPPERS 1-WHEAT HERO 1/2-CUP TOSSED SALAD 1/2-OZ L.F. DRESSING 1-ORANGE 8-OZ SKIM MILK	<b>22</b> 4-OZ CHICKEN DOGS 2-WHOLE WHEAT BUNS 1/2-CUP SAUERKRAUT 1/2-CUP VEGGIE BEANS 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	<b>23</b> 1/2 DAY	<b>24</b>	
<b>25</b>	<b>26</b> NO SCHOOL	<b>27</b> NO SCHOOL	<b>28</b> NO SCHOOL	<b>29</b> NO SCHOOL	<b>30</b> NO SCHOOL	<b>31</b>	

**IF YOU HAVE A FOOD ALLERGY  
CONCERN PLEASE SEE YOUR SERVER  
OR MANAGER!!**

**S.F.=SUGARFREE  
L.F.=LOWFAT**