

# K-8 Lunch Menu December 2021

C:\Users\jburas\Downloads\COPY of December 2021.xlsx\December

			Monday		Tuesday		Wednesday		Thursday		Friday
Week	Daily Require	Weekly Require	Main Menu	Sandwich Line	Main Menu	Sandwich Line	1 Main Menu	Sandwich Line	2 Main Menu	Sandwich Line	3 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 m/ma					Meat SAUCE		Chicken (2 M/MA) BBQ,		Offer Both Roast PoBoy (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)									Green Leaf (1/2c = 1/4c)
Veggie (R/O)		3/4c (min)							Potato Salad(1/2c)		Tomato, sliced(1/4c)
Veg. (S)		1/2c					Green Beans (1/2c)				Fries or Tots(3/4c)
Veg. (O)		1/2c									
Legume		1/2c							Baked Beans (1/2c=1/4c)		
WG Bread	1 B/G (Min.)	8-10 B/G					French Bread (1B/G) Spaghetti (1/2c =1B/G)		Roll (2B/G)		PoBoy-Sub Roll (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras							Parmesan cheese				
Meat/MA	1 M/MA (Min.)	9-10 M/MA	6 Main Menu	With Take-Out Option	7 Main Menu	With Take-Out Option	8 Main Menu	With Take-Out Option	9 Main Menu	With Take-Out Option	10 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)		Tacos, Beef (2M/MA)			Deli Sandwich (2M/MA)	Chicken (2 M/MA) Fried		0 Offer Both 0 Pizza (2M/MA) 0
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)			GreenLeaf Lettuce (1/2c = 1/4c)				Read Beans		Broccoli Florets (1/4c)
Veggie (R/O)		3/4c (min)	Carrots, raw (1/4c)		Salsa or Tomatoes, diced (1/4c)			Regular Fries (3/4c)			Marinara Sauce (1/4c.)
Veg. (S)		1/2c	Green Peas (1/2c)		Corn (1/2c)			Zucchini & Squash (1/4c)	Cole Slaw (1/4)		0 Fries (3/4c)
Veg. (O)		1/2c									
Legume (B)		1/2c							Red Beans (3/4c = 1/2c)		
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Texas Toast (1B/G) OR Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)		Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)			Bread, Sliced, Purchased (2B/G)	Biscuit (2B/G) Rice (1/2c = 1B/G)		0 Pizza (2B/G) 0
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos						
Meat/MA	1 M/MA (Min.)	9-10 M/MA	13 Main Menu	With Take-Out Option	14 Main Menu	With Take-Out Option	15 Main Menu	With Take-Out Option	16 Main Menu	With Take-Out Option	17 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	General Tso's Chicken (2M/MA)	Chicken Patty (2M/MA)	Quesadilla (2 M/MA) (School Made)w/ Cheese	Hamburger (2M/MA) OR Chesseburger (2M/MA)	Breezy Mac (2M/MA)		Turkey Roast w/ Gravy (2M/MA)		Hot Dog (2M/MA) OR Corndog (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/2c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)					Broccoli Florets (1/4c)
Veggie (R/O)		3/4c (min)	Carrots, raw (1/4c)		Salsa or Tomatoes, diced (1/4c)	Tomatoes, sliced (1/4c)			Sweet Potato Casserole (2/3c=1/2c)		Carrots (1/2c)
Veg. (S)		1/2c		Regular Fries (3/4c)		Regular Fries (3/4c)					
Veg. (O)		1/2c						Yogurt & Breezy - Carrots (1/4c)	Cauliflower (1/4c)		
Legume (B)		1/2c			Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)						
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G)	Bun, Purchased (2B/G)	French Bread (1B/G)		Roll (2B/G) Cornbread Dressing (1/2c)		Bun, Purchased (2B/G) OR Wrap (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos						

This institution is an equal opportunity provider. Menus are subject to change.

**\*Vegeterian Options**  
 Yogurt & Cheese Stick  
 Smoothie & Cheese Stick  
 Sunbutter & Jelly Sandwich  
 Veggie Burger

**Deserts**

<p><b>Must prepare a desert 1 to 2 times weekly</b> (NO MORE THAN 2 TIMES A WEEK)</p>	<p><b>Choices</b></p>
	Cake/Cupcake Cookie Brownie Rice Crispy

Fruit Crisp - (1/2c=1/4c fruit serving)