




December 2021

Meals with 3 items including a fruit or a vegetable are free for all students.  
Milk without a meal \$0.60  
Other Ala Carte items as marked.  
Add funds to your students' account by visiting [myschoolbucks.com](http://myschoolbucks.com)

|   |  |  |  |   |
|---|--|--|--|---|
|   |  | 1<br>Pineapple Sweet and Sour Pork or Tofu<br>Stir-Fried Broccoli<br>Fried Rice                            | 2<br>Beef or Vegetarian Stroganoff<br>Over Noodles<br>Roasted Butternut Squash   | 3<br>Pizza<br>Cheese, Pepperoni or Chef Choice<br>Caesar Salad  |
| 6<br>Chicken or Tofu Scampi over Spaghetti<br>Roasted Broccoli<br>Garlic Bread                | 7<br>Teriyaki Meatballs<br>Sesame Noodles<br>Glazed Snow Peas  | 8<br>Grilled Ham and Cheese, Grilled Cheese or Chef Choice<br>Sweet Potato Half<br>Tomato Soup             | 9<br>Roast Pork w/ Apples<br>Herbed Rice Pilaf<br>Carrots and Parsnips<br>Dinner Roll  | 10<br>Bacon or Veggie and Cheese Loaded<br>Baked Potato<br>Beef or Bean Chili<br>House Made Cornbread |
| 13<br>Spaghetti and Beef or Tofu Meatballs<br>Sweet Green Peas<br>Garlic Knots                | 14<br>Coconut Crusted Chicken or Tofu<br>Curry Roasted Delicata Squash w/ Honey Mustard<br>Dipping Sauce<br>Brown Rice | 15<br>Hamburgers, Cheeseburgers or House Made Black Bean Burger<br>Sweet Potato Fries<br>Mixed Green Salad | 16<br>Chicken or Black Bean and Sweet Potato Fajitas on a Tortillas<br>Grilled Onions and Red Bell Peppers<br>Garlic Roasted Corn  | 17<br>Pizza<br>Cheese, Pepperoni or Chef Choice<br>Roasted Chick Peas<br>Baby Kale Caesar Salad       |
| 20<br>Nachos with Choice of Chef Choice Toppings<br>Cheese Sauce<br>Chili Roasted Cauliflower | 21<br>Fish Sticks, Chicken Tenders or Crispy Baked Tofu<br>Crispy Roasted Potato Wedges<br>Iceberg Salad               | 22<br>Sesame Orange Chicken or Tofu<br>Fried Rice<br>Honey Glazed Carrots                                  | <p><b>Alternatives<br/>On the<br/>Go</b></p>  |   |

| Monday                    | Tuesday                  | Wednesday                    | Thursday               | Friday                         |
|---------------------------|--------------------------|------------------------------|------------------------|--------------------------------|
| Chicken Caesar Salad      | Chef Salad               | Spinach and Strawberry Salad | Taco Salad             | Cobb Salad                     |
| Turkey Cheddar Bacon Wrap | Ham and Cheese Croissant | Chicken and Ranch Wrap       | Italian Sub            | Turkey and Cheese on a Roll    |
| Hummus and Veggie Wrap    | Tofu and Veggie Wrap     | Falafel and Tzatziki Wrap    | Hummus and Veggie Wrap | Cheese and Crackers Snack Pack |