

UNITY JUNIOR HIGH SCHOOL

L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
December 2, 2019	**December 3, 2019**	**December 4, 2019**	**December 5, 2019**	**December 6, 2019**
MEATLESS MONDAY	SLOPPY JOE Hamburger Bun ^ CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Maple Baked Beans Salad Bar Selections Romaine Salad Crunchy Celery Sticks Carrot Sticks Light Ranch Dressing Orange Juice Choice of Milk	BEAN & CHEESE BURRITO ^ CHARBROILED HAMBURGER Hamburger Bun ^ Whole Kernel Corn Fresh Baby Carrots Light Ranch Dressing Fresh Pear Salsa Mustard Ketchup Choice of Milk	POPCORN CHICKEN ^ HOT DOG Hot Dog Bun ^ Salad Bar Selections Romaine Salad Broccoli Florets Cauliflower Florets Light Ranch Dressing Fresh Orange BBQ Sauce Mustard Ketchup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mashed Potatoes Crunchy Celery Sticks Light Ranch Dressing Diced Peaches BBQ Sauce Choice of Milk
December 9, 2019	**December 10, 2019**	**December 11, 2019**	**December 12, 2019**	**December 13, 2019**
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Mixed Fruit Cup Choice of Milk	Ketchup Choice of Milk *NEW ITEM* CHICKEN TACO CRUNCHY CHICKEN TENDERS ^ Salad Bar Selections Romaine Salad Green Pepper Slices Jalapenos Light French Dressing Diced Pears Wild White Nacho Doritos^ BBQ Sauce	TURKEY & CHEESE ON A HOAGIE BUN Light Mayonnaise Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Diced Pears Cheddar Sun Chips ^ Choice of Milk	CHICKEN NUGGETS ^ HOT DOG Hot Dog Bun ^ Maple Baked Beans Salad Bar Selections Romaine Salad Diced Tomatoes Pickle Chips Light Italian Dressing Fresh Apple Mustard BBQ Sauce Ketchup Choice of Milk	RIB-B-QUE CRISPY CHICKEN PATTY ^ Hamburger Bun ^ French Fries Fresh Banana Chipotle Ranch Ketchup Choice of Milk
December 16, 2019	**December 17, 2019**	**December 18, 2019**	**December 19, 2019**	**December 20, 2019**
*NEW RECIPE!*** BEEF & BEAN CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Diced Peaches Choice of Milk	BBQ Sauce Ketchup Choice of Milk CHEESE PIZZA CRUNCHY CHICKEN TENDERS ^ Salad Bar Selections Romaine Salad Red Peppers Cucumber Coins Light Italian Dressing Orange Juice	BBQ CHICKEN CHARBROILED HAMBURGER Hamburger Bun ^ Corn Fresh Banana Mustard Sriracha Ketchup Choice of Milk	HOLIDAY MEAL** CHEESE LASAGNA ^ HOT DOG Hot Dog Bun ^ Salad Bar Selections Romaine Salad Broccoli Florets Carrot Sticks Light Ranch Dressing Fresh Pear Mustard Ketchup Chocolate Cookie ^ Choice of Milk	BAGEL DOG ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Mustard Ketchup BBQ Sauce Choice of Milk
December 23, 2019	**December 24, 2019**	**December 25, 2019**	**December 26, 2019**	**December 27, 2019**
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 30, 2019	**December 31, 2019**	**January 1, 2020**	**January 2, 2020**	**January 3, 2020**
HOLIDAY BREAK	HOLIDAY BREAK			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

Nutritional Information: UNITY EAST JUNIOR HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
- 2																
	MEATLESS MONDAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-03-2019																
	SLOPPY JOE	205	10	4	0	40	549	16	0	7	14	31	5	34	1	MMA:2oz V:1/2c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	316	17	3	0	46	805	22	1	0	20	68	0	9	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-04-2019																
	BEAN & CHEESE BURRITO ^	0	0	0	0	0	0	0	0	0	0	0	0	0	0	MMA:2oz G/B:2.25sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12																

	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Cauliflower Florets	9	0	0	0	0	11	2	1	1	1	0	18	8	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-06-2019																
	HOMESTYLE SALISBURY STEAK W/GRAVY	174	10	4	0	40	583	7	0	1	13	12	0	27	1	MMA:2oz
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-09-2019																
	PENNE PASTA W/MEAT SAUCE ^	331	12	4	0	42	559	38	2	7	19	13	0	71	2	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-10-2019																
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Green Pepper Slices	15	0	0	0	0	2	4	1	2	1	14	61	8	0	V:1/4c O
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
12-11-2019																
	TURKEY & CHEESE ON A HOAGIE BUN	255	6	3	0	35	605	32	3	3	21	90	0	250	2	MMA:2oz G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-12-2019																
	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Diced Tomatoes	5	0	0	0	0	1	1	0	1	0	11	4	3	0	V:1/8c RO
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

12-13-2019															
RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-16-2019															
*NEW RECIPE!***	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
BEEF & BEAN CHILI	201	6	2	0	23	492	23	7	2	13	114	6	65	4	MMA:2oz V:1/2c RO
Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-17-2019															
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
CHEESE PIZZA	298	10	5	0	23	724	36	2	3	17	69	0	406	2	MMA:1.5oz G/B:2sv V:1/4c RO
CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
Red Peppers	12	0	0	0	0	1	2	1	2	0	59	48	3	0	V:1/4c RO
Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
12-18-2019															
BBQ CHICKEN	162	3	2	0	37	383	17	0	10	17	49	1	14	0	MMA:2oz V:1/4c RO
CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG

	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Sriracha Ketchup	10	0	0	0	0	75	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-19-2019																
	HOLIDAY MEAL**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESE LASAGNA ^	284	7	2	0	45	884	38	3	3	18	9	20	105	1	MMA:2oz G/B:1sv WG V:1/2c RO
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-20-2019																
	BAGEL DOG ^	307	14	5	0	30	695	34	3	5	11	0	0	61	2	MMA:2oz G/B:2sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
3 -																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

4 -															
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0
5 -															
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6 -															
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7 -															
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0 -															
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1 -															
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: UNITY EAST JUNIOR HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	Item Name	Milk	Egg	Peanu	Tree Nut	Fish	Shellfish	Soy	Wheat
- 2									
	MEATLESS MONDAY								
12-03-2019									
	SLOPPY JOE							X	
	Hamburger Bun ^	X						X	X
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Maple Baked Beans								
	Salad Bar Selections								
	Romaine Salad								
	Crunchy Celery Sticks								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Orange Juice								
	Choice of Milk	X							
12-04-2019									
	BEAN & CHEESE BURRITO ^	X						X	X
	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Whole Kernel Corn								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	Salsa								
	Mustard								
	Ketchup								

	Choice of Milk	X							
12-05-2019									
	POPCORN CHICKEN ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Salad Bar Selections								
	Romaine Salad								
	Broccoli Florets								
	Cauliflower Florets								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Choice of Milk	X							
12-06-2019									
	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Mashed Potatoes	X						X	
	Crunchy Celery Sticks								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
12-09-2019									
	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	Breadstick ^							X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Mixed Fruit Cup								

	Choice of Milk	X							
12-10-2019									
	Ketchup								
	Choice of Milk	X							
	NEW ITEM								
	CHICKEN TACO	X							
	CRUNCHY CHICKEN TENDERS ^							X	X
	Salad Bar Selections								
	Romaine Salad								
	Green Pepper Slices								
	Jalapenos								
	Light French Dressing							X	
	Diced Pears								
	Wild White Nacho Doritos^	X							
	BBQ Sauce							X	
12-11-2019									
	TURKEY & CHEESE ON A HOAGIE BUN	X						X	X
	Light Mayonnaise		X					X	
	Sun Splash Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Diced Pears								
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							
12-12-2019									
	CHICKEN NUGGETS ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Maple Baked Beans								
	Salad Bar Selections								
	Romaine Salad								
	Diced Tomatoes								

	Pickle Chips								
	Light Italian Dressing							X	
	Fresh Apple								
	Mustard								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
12-13-2019									
	RIB-B-QUE							X	
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Fresh Banana								
	Chipotle Ranch	X	X						
	Ketchup								
	Choice of Milk	X							
12-16-2019									
	*NEW RECIPE!***								
	BEEF & BEAN CHILI							X	
	Corn Muffin ^								X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Mixed Vegetables								
	Diced Peaches								
	Choice of Milk	X							
12-17-2019									
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
	CHEESE PIZZA	X							X
	CRUNCHY CHICKEN TENDERS ^							X	X
	Salad Bar Selections								

	Romaine Salad								
	Red Peppers								
	Cucumber Coins								
	Light Italian Dressing							X	
	Orange Juice								
12-18-2019									
	BBQ CHICKEN							X	
	CHARBROILED HAMBURGER		X					X	
	Hamburger Bun ^	X						X	X
	Corn								
	Fresh Banana								
	Mustard								
	Sriracha Ketchup								
	Choice of Milk	X							
12-19-2019									
	HOLIDAY MEAL**								
	CHEESE LASAGNA ^	X	X					X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Salad Bar Selections								
	Romaine Salad								
	Broccoli Florets								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	Mustard								
	Ketchup								
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
12-20-2019									
	BAGEL DOG ^							X	X
	CRISPY CHICKEN PATTY ^							X	X

	Hamburger Bun ^	X						X	X
	Maple Baked Beans								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Mustard								
	Ketchup								
	BBQ Sauce							X	
	Choice of Milk	X							
3 -									
	HOLIDAY BREAK								
4 -									
	HOLIDAY BREAK								
5 -									
	HOLIDAY BREAK								
6 -									
	HOLIDAY BREAK								
7 -									
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	HOLIDAY BREAK								