

# December 2022

## Middle School and High School

### Lunch Menu

**Student Lunch - \$3.25**  
**Adult Meals - \$5.02+tax**

Lunch includes  
3 of the 5 components:  
Choice of Fruit, Vegetable, Grain,  
Meat/ Meat Alternative and Milk  
(Must include a Fruit or a Vegetable)

Milk Choice:  
(Hormone & Antibiotic Free)  
Skim, 1% or Fat Free Chocolate

Daily Options:  
HS: Made to Order Deli  
MS: Premade Sandwiches and Salads  
Pizza: Cheese, Pepperoni, and  
Specialty Pies  
Chicken Patties, Burgers  
Chicken Tenders  
Assorted Fruit and Vegetable Options  
\*Menu is subject to change\*

\*Accommodations for Special Dietary  
Needs are Available Only to Students  
with an annually completed  
"Special Dietary Needs Medical Stmt. Form"

Any questions please email:  
[zadonn-jennifer@aramark.com](mailto:zadonn-jennifer@aramark.com)

WG- Whole Grain  
WW- Whole Wheat



1  
Fiesta Nachos  
Chicken Taco Meat  
Tomato Salsa  
Seasoned Corn  
Black Beans  
Banana

2  
WG Chicken BLT (Pork)  
Oven Baked French Fries  
Fresh Orange

5  
**Meatless Monday**  
**Entrée**  
WG Grilled Cheese  
Tomato Soup  
Seasoned Corn  
Fresh Melon

6  
WG Beef Meatball Parm  
Roasted Carrots  
Fresh Strawberries

7  
General TSO's Chicken  
Broccoli  
Brown Rice  
Watermelon

8  
BBQ Rib Sandwich  
Roasted Sweet Potatoes  
Pineapple

9  
Chicken Francese  
(Lemon Chicken)  
WG Penne  
Steamed Green Beans  
Banana

12  
**Meatless Monday**  
**Entrée**  
Cheese Quesadilla  
Brown Rice  
Seasoned Corn  
Pineapple

13  
(Beef) Hot Dog on a WG Bun  
Baked Beans  
Steamed Green Beans  
Pineapple

14  
Chicken Parm Sandwich  
\*Roasted Brussel Sprouts  
Garlic Breadsticks  
Banana  
**Harvest of the Month**

15  
Buffalo Chicken Wrap  
Seasoned Black Beans  
Tater Tots  
Fresh Orange

16  
Cheese Ravioli  
Marinara Sauce  
Seasoned Broccoli  
Honeydew Melon

19  
**Meatless Monday**  
**Entrée**  
WG Penne Alfredo  
Roasted Cauliflower  
Garlic Toast  
Red and Green Grapes

20  
Grilled Chicken Caesar  
Salad WG Wrap  
Baby Carrots  
Golden Delicious Apples

21  
WG BBQ Pulled Pork  
Sandwich  
Seasoned Carrots  
Fresh Cantaloupe

22  
Pizza Burger  
\*Roasted Broccoli with  
Cheddar  
Pineapple  
**Harvest of the Month**

23  
WG Penne with Meat  
(Beef) Sauce  
Dinner Roll  
Steamed Green Beans

26  
**Winter Recess**  
**School Closed**

27  
**Winter Recess**  
**School Closed**

28  
**Winter Recess**  
**School Closed**

29  
**Winter Recess**  
**School Closed**

30  
**Winter Recess**  
**School Closed**

