

# December 2021 Middle School and High School Lunch Menu

**ALL SCHOOL MEALS  
ARE FREE FOR ALL  
STUDENTS THRU 6/30/22**

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 and Salads**  
**MS: Premade Sandwiches and Salads**  
Pizza: Cheese, Pepperoni, and  
Specialty Pies  
Spicy and Plain Chicken Patties,  
Burgers, Black Bean Burgers,  
Chicken Tenders  
Assorted Fruit and Vegetable Options

**\*Gluten Free Meals are Available  
Only to Students with  
Documented Restrictions\***  
Please See Separate Gluten Free Menu

Any questions please email:  
cooper-nicole@aramark.com



This institution is an equal opportunity provider

1

Philly Cheese Steak  
Sandwich  
Side Garden Salad  
Choice of Fruit  
and Milk

2

Cheese Filled Bread  
Sticks  
Marinara Sauce  
Steamed Peas  
Choice of Fruit  
and Milk

3

Mini Maple Blast  
Waffles  
Chicken Sausage  
Baby Carrots  
Choice of Fruit  
and Milk

6

BBQ Rib Sandwich  
Steamed Broccoli  
Choice of Fruit  
and Milk

7

Beef Tacos  
Kickin Pinto Beans  
Mexican Rice  
Choice of Fruit  
and Milk

18

Pancakes  
Chicken Sausage  
Baby Carrots  
Choice of Fruit  
and Milk

9

Early Dismissal  
  
No Lunches Served

10

Chicken Tenders  
WG Dinner Roll  
Steamed Corn  
Choice of Fruit  
and Milk

13

Chicken Quesadilla  
Sliced Peppers  
Choice of Fruit and  
Milk

14

Pasta and Meatballs  
WG Bread Stick  
Steamed Broccoli  
Choice of Fruit  
and Milk

15

Bacon  
Cheeseburger  
French Fries  
Baby Carrots  
Choice of Fruit and  
Milk

16

Popcorn Chicken  
WG Dinner Roll  
Mashed Potatoes  
and Corn  
Choice of Fruit  
and Milk

17

All Beef Hot Dog  
on WG Roll  
Baked Veggie Beans  
Choice of Fruit  
and Milk

20

Pasta and Meat Sauce  
WG Breadstick  
Steamed Broccoli  
Choice of Fruit  
and Milk

21

Sloppy Joe Sandwich  
Baby Carrots  
Choice of Fruit  
and Milk

22

Macaroni and Cheese  
WG Dinner Roll  
Celery Sticks  
Choice of Fruit  
and Milk

23

French Toast Sticks  
Chicken Sausage  
Sliced Cucumbers  
Choice of Fruit  
and Milk

24

School Closed

Winter Recess

27

School Closed

Winter Recess

28

School Closed

Winter Recess

29

School Closed

Winter Recess

30

School Closed

Winter Recess

31

School Closed

Winter Recess