

December

Lunch Menu 9th-12th Grade

2022

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ Pasta Marinara with Meat sauce + Garden Salad and Jicama	² Pepperoni Pizza w/ Celery Sticks + Baby Carrots
⁵ Corn Dogs w/Potato Wedges + Salad	⁶ Beef Nachos w/ Beans + Salsa	⁷ Chicken Nuggets w/ Carrots and Mashed Potatoes + Goldfish Cracker	⁸ Bean and Cheese Pupusas w/ Curtido and Salsa	⁹ Chicken Sandwich w/ Lettuce and Tomato + Broccoli
¹² Hot Dogs w Jicama + Cucumber Slices	¹³ Chicken Teriyaki w/Rice Broccoli + Carrots + Goldfish Cracker	¹⁴ Pasta Alfredo w/ Chicken + Garden Salad and Corn + Breadstick	¹⁵ Beef Chalupa w/ Beans + Salsa	¹⁶ Chicken Pozole w/ Onions, Radish, Cabbage, and Chips

At lunch, students are offered all five required food components in at least the minimum required amounts.

The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk.

Under OVS, a student must take at least three components in the required serving sizes.

One selection must be at least ½ cup from either the fruit or vegetable component.

There will be additional fruits and vegetable options available for all students.