

DECEMBER LUNCH

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY

- 3**
- chicken bites (df)
 - bbq beef flatbread melt
 - chicken caesar wrap
 - sunny sandwich kit (sunbutter & jelly) (v)
 - df by request (egg salad sandwich)
 - o steamed corn

- 10**
- bbq vegan "beef" calzoni (df)(v)
 - chicken enchilada plate
 - bbq chicken wrap
 - cheddar cheese sandwich (v)
 - o steamed corn

- 17**
- chicken bites (df)
 - cheese enchilada plate (v)
 - ham & cheese sandwich
 - egg salad sandwich (v) (df)
 - o green peas

- 24**

- 31**

TUESDAY

- 4**
- mac & cheese and chicken sausages
 - cheese pizza (v)
 - ham & cheese sandwich
 - sesame chicken salad
 - df by request (chicken salad sandwich)
 - o glazed carrots

- 11**
- jerk drumstick & pineapple carrot rice
 - rainbow veggie pizza
 - veggie taco salad (v)
 - turkey & cheddar sandwich
 - o blanched broccoli (chilled)

- 18**
- chicken gumbo & cornbread
 - meatless italian "sausage" calzoni
 - sesame chicken wrap (df)
 - mighty meaty deli combo sandwich
 - o sliced cucumber

- 25**

WEDNESDAY

- 5**
- beef cheeseburger
 - vegetarian philly cheesesteak calzoni (v)
 - veggie chef's salad (v)
 - turkey & cheddar sandwich
 - df by request (chicken salad sandwich)
 - o lettuce & tomatoes with ranch

- 12**
- bean & cheese pupusa (v)
 - potstickers with "not so fried" rice
 - sesame chicken wrap (df)
 - chicken salad sandwich (df)
 - o grape tomatoes & warm pinto beans

- 19**
- beef cheeseburger
 - cheese pizza (v)
 - sunny sandwich kit (sunbutter & jelly) (v)
 - chicken salad sandwich (df)
 - o lettuce & tomatoes with ranch

- 26**

THURSDAY

- 6**
- bfast for lunch: pancakes & omelet (v)
 - jumbo caribbean meatball & rice (df)
 - buffalo chicken wrap
 - mighty meaty deli combo sandwich
 - o sliced cucumber

- 13**
- bean & cheese quesadilla (v)
 - the revolution dog (df)
 - sunny sandwich kit (sunbutter & jelly) (v)
 - chillin' chinese chicken noodles
 - o sliced cucumber

- 20**
- bfast for lunch: pancakes & chicken sausage
 - taco dippers kit (v)
 - turkey & cheddar sandwich
 - df by request (chicken salad sandwich)
 - o glazed carrots

- 27**

FRIDAY

- 7**
- creamy tomato curry with grilled chicken
 - cheesy chicken quesadilla
 - southwest veggie wrap (v)
 - chicken salad sandwich (df)
 - o baby carrots & warm pinto beans

- 14**
- hot meatball sub
 - green chile & cheese tamale (v)
 - buffalo chicken wrap
 - mighty meaty deli combo sandwich
 - df by request (chicken salad sandwich)
 - o glazed carrots

- 21**
- buffalo chicken pizza
 - kickin' chicken melt
 - cheddar cheese sandwich (v)
 - southwest veggie wrap (v)
 - df by request (chicken salad sandwich)
 - o baby carrots & warm pinto beans

- 28**

This institution is an equal opportunity provider.