



**What is a Meal?**  
 minimum of 3 of the 5 components  
 At least 1/2 cup serving of fruit or vegetable  
 must be selected to make a meal

**What is a Component?**

- Meat or Meat Alternate
- Grain/Bread
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk
- (Skim, 1% white, and fat-free chocolate)

**Daily Fruit Selections May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple,, mandarin oranges, 100% fruit juice

**Grill Selections May Include:**

Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets, Grilled Cheese

**Deli Selections May Include:**

Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbread

**Pizza Selections May Include:**

Cheese, Pepperoni, Buffalo Chicken Pizza, Stuffed Crust Pizza

**Fresh Salads May Include:**

Chicken Caesar  
 Chopped Garden

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Bacon Cheeseburger</b>  French Fries Steamed Carrots Choice of Fruit Choice of Milk	4 <b>General Tso's Chicken over Rice</b>  Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	5 <b>Walking Taco with Mexican Rice</b>  Baked Beans Baby Carrots Choice of Fruit Choice of Milk	6 <b>Barbecue Pulled Pork Sandwich</b>  Steamed Corn Celery Sticks Choice of Fruit Choice of Milk	7 <b>Cheese Pizza Sticks With Sauce</b>  Green Peas Italian Salad Choice of Fruit Choice of Milk
10 <b>Sloppy Joe</b>  French Fries Celery Sticks Choice of Fruit Choice of Milk	11 <b>Loaded Nachos</b>  Baked Beans Pico de Gallo Choice of Fruit Choice of Milk	12 <b>Pancakes with Sausage</b>  Roasted Potatoes Baby Carrots Choice of Fruit Choice of Milk	13 <b>Buffalo Chicken Wrap</b>  Broccoli Salad Red Pepper Strips Choice of Fruit Choice of Milk	14 <b>HOLIDAY MEAL</b>  <b>Turkey with Stuffing</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk
17 <b>Parmesan Popcorn Chicken</b>  Green Beans Baby Carrots Choice of Fruit Choice of Milk	18 <b>Crunchy Tacos</b>  Refried Beans Pico de Gallo Choice of Fruit Choice of Milk	19 <b>Chicken Mashed Potato</b>  Mashed Potatoes Corn Choice of Fruit Choice of Milk	20 <b>Pasta with Meat Sauce Breadstick</b>  Steamed Broccoli Italian Salad Choice of Fruit Choice of Milk	21 <b>NO SCHOOL</b>  <b>INSERVICE</b>
24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28 <b>NO SCHOOL</b>
  <h1 style="text-align: center;">HAPPY HOLIDAYS!</h1> 				
31 <b>NO SCHOOL</b>  				<b>Nutritious Friend of the Month is Red Beets</b>  



**Lunch Prices:**  
 Student \$2.05  
 Reduced \$4.00  
 Adult \$3.05

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