

51% WHOLE GRAINS
100% JUICE

**POSITIVE EDUCATION PROGRAM
9-12TH HOT LUNCH MENU
DECEMBER 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPP&TUNITY PROVIDER & EMPLOYER.				MACARONI & CHEESE 1 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT & JUICE MILK
4	5	6	7	8
HAMBURGER W/WGR BUN 1 C TATER TOTS KETCHUP & MUSTARD 1/2 CUP FRUIT & JUICE MILK	PIZZA BURGER 1 C GREEN BEANS 1/2 C FRUIT & JUICE MILK	WGR CHEESE PIZZA 1 1/4 C BABY CARROTS W/RANCH DRESSING 1/2 CUP FRUIT & JUICE MILK	CHICKEN NUGGETS 1 C BROCCOLI 1 SLC WGR BREAD KETCHUP & MARGARINE 1/2 CUP FRUIT & JUICE MILK	IN-SERVICE NO STUDENTS
11	12	13	14	15
MACARONI & CHEESE 1 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT & JUICE MILK	CHICKEN LEG 1 C BAKED BEANS 1 SLC WGR BREAD 1/2 CUP FRUIT & JUICE MILK	WGR CHEESE PIZZA 1 1/4 C BABY CARROTS W/RANCH DRESSING 1/2 CUP FRUIT & JUICE MILK	CHICKEN PATTY W/WGR BUN 1 C CORN 1/2 CUP FRUIT & JUICE MILK	CHEESE STROMBOLI 1 C TATER TOTS 1/2 CUP FRUIT & JUICE MILK



Sleeping
 Snowboarding
 OceanPlunge
 StayingUpAllNight
 HotChocolate
 Exciting
 Sleepy
 Softball
 Laid-Back
 Home
 Snowblowing
 Hiking
 Sledding
 Cold Fun
 MoreFood
 Snow
 WinterBreak
 Movies
 Facetime
 Cabin
 Relaxing
 Basketball
 Rain
 Food
 Fortnite
 TikTok
 BoardGames
 Phone
 DeliciousFood
 Friends
 Gifts
 Skiing
 Presents
 VideoGames
 Family

Winter Break



SERVING SIZES:
2 OZ. OF WHOLE GRAIN, 2 OZ. PROTIEN, 1 C FRUIT/JUICE,
1C VEGETABLE, 8OZ. SKIM OR 1% MILK
CALORIES NOT TO EXCEED 850, SATURATED FAT NOT TO EXCEED 10% TOTAL WEEKLY CALORIES