
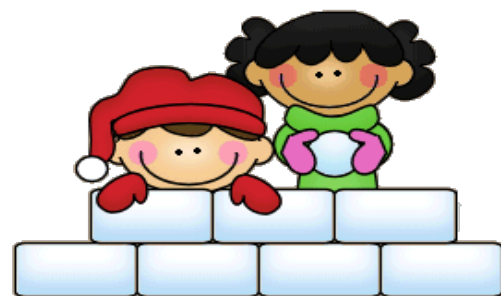


51% WHOLE GRAINS
100% JUICE

**POSITIVE EDUCATION PROGRAM
K-8TH HOT LUNCH MENU
DECEMBER 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				MACARONI & CHEESE 3/4 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT OR JUICE MILK
				8
HAMBURGER W/WGR BUN 3/4 C TATER TOTS KETCHUP & MUSTARD 1/2 CUP FRUIT OR JUICE MILK	PIZZA BURGER 3/4 C GREEN BEANS 1/2 C FRUIT OR JUICE MILK	WGR CHEESE PIZZA 3/4 C BABY CARROTS W/RANCH DRESSING 1/2 CUP FRUIT OR JUICE MILK	CHICKEN NUGGETS 3/4 C BROCCOLI 1 SLC WGR BREAD KETCHUP & MARGARINE 1/2 CUP FRUIT OR JUICE MILK	IN-SERVICE NO STUDENTS
11				
MACARONI & CHEESE 3/4 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT OR JUICE MILK	CHICKEN LEG 3/4 C BAKED BEANS 1 SLC WGR BREAD 1/2 CUP FRUIT OR JUICE MILK	WGR CHEESE PIZZA 3/4 C BABY CARROTS W/RANCH DRESSING 1/2 CUP FRUIT OR JUICE MILK	CHICKEN PATTY W/WGR BUN 3/4 C CORN 1/2 CUP FRUIT OR JUICE MILK	CHEESE STROMBOLI 3/4 C TATER TOTS 1/2 CUP FRUIT OR JUICE MILK
15				

Winter Break



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



SERVING SIZES:
2 oz. of whole Grain, 2 oz. protien, 1/2 C Fruit/Juice,
3/4 C vegetable, 8oz. skim or 1% Milk
calories not to exceed 650, saturated fat not to exceed 10% of total weekly calories