

**51% WHOLE GRAINS**  
**100% JUICE**  
**SUBJECT TO CHANGE**

**POSITIVE EDUCATION PROGRAM**  
**9-12TH HOT LUNCH MENU**  
**DECEMBER 2024**

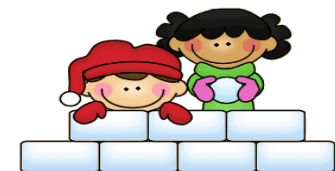
THIS INSTITUTION IS AN  
 EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LASAGNA ROLL UP 1 SLC WGR BREAD 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MARGARINE MILK	3 CHICKEN PATTY WGR BUN 1 C BAKED BEANS 1/2 C APPLESAUCE 1/2 C GRAPE JUICE MILK	4 WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK	5 CHICKEN TENDERS & WAFFLES 1 C ROASTED POTATOES 1/2 C MANDARIN ORANGE 1/2 C APPLE JUICE MILK	6 GRILLED CHEESE 1 C BROCCOLI 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
9 MAC & CHEESE 1 SLC WGR BREAD 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MARGARINE MILK	10 CHEESE & BEAN BURRITO 1 C CORN 1/2 C APPLESAUCE 1/2 C GRAPE JUICE TACO SAUCE MILK	11 WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK	12 SLOPPY JOE WGR BUN 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	13 CHICKEN NUGGETS 1 SLC WGR BREAD 1 C BAKED BEANS 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MARGARINE MILK
16 PANCAKES W/TURKEY SAUSAGE 1 ROASTED POTATOES FRESH APPLE 1/2 C APPLE JUICE SYRUP MILK	17 CHICKEN ALFREDO PASTA BAKE 1 C BROCCOLI 1/2 C APPLESAUCE 1/2 C GRAPE JUICE MILK	18 WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK	19 SWEET & SOUR CHICKEN OVER VEGGIE FRIED RICE 1 C GREEN BEANS 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	20 CHEESEBURGER WGR BUN 1 C BAKED BEANS 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE KETCHUP & MUSTARD MILK
23	24	25	26	27



Sleeping  
 Snowboarding  
 Skating  
 StayingUpAllNight OceanPlunge 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

**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**