



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT LUNCH</b>	<p style="text-align: right;"><b>1</b></p> Beef Picadillo (3 oz meat, ½ c Vegetables) <b>WG</b> Rice (2 oz Grain) <b>Black beans</b> Collard Greens <b>Tangerine</b> Milk  <b>Veg: 3 oz soy beef</b>	<p style="text-align: right;"><b>2</b></p> Yangs Orange Chicken <b>WG</b> Rice Glazed <b>Carrots</b> Coin <b>Edamame</b> Mixed Fruit Cup Milk  <b>Veg: Chix Strips</b>	<p style="text-align: right;"><b>3</b></p> 1 - 5X5 slice Shepards Pie (2 oz MA, ½ c starchy veg- potato, ¼ c Red/orange veg) <b>WG Roll</b> w Butter String Cheese <b>Broccoli</b> Grapes Milk  <b>Veg: Vegan Beef</b>	<p style="text-align: right;"><b>4</b></p> 2 Cheese Manicotti (5.5oz) w ½ c <b>Tomato</b> Basil Sauce 3 oz m/ma 4 oz <b>WG</b> grain per food label Garlic Mushrooms <b>Kale</b> Mango Milk  <b>Veg: Same</b>	<p style="text-align: right;"><b>5</b></p> Stuffed Peppers 3 oz beef <b>WG</b> Rice <b>WG</b> Biscuit w Margarine Spring Peas Beets <b>Oranges</b> Milk  <b>Veg: soy protein</b>
<b>COLD LUNCH</b>	Tuna Salad <b>WW</b> Bagel <b>Kale Salad</b> w Balsamic Vinaigrette Chilled Vegetable Salad Apple Slices Milk  <b>Veg: ½ c Hummus 1 oz Provolone</b>	Chicken Caesar Salad Chicken strips <b>WG</b> Roll <b>Caesar Salad w Romaine</b> <b>Carrot</b> raisin salad Pears Milk  <b>Veg: 3oz chicx strips</b>	Yogurt String Cheese <b>WG</b> Blueberry Muffin Roasted Brussel sprout and <b>sweet potato</b> and dried cranberry Banana (1) Milk  <b>Veg: Same</b>	Whole Chicken Wrap (2 Pieces) 3 oz m/ma, 2 oz <b>WG</b> wrap Lettuce <b>Tomato</b> mayo Plum <b>Bean salad</b> Waldorf Salad Milk  <b>Veg: ½ c Hummus 1 oz Provolone</b>	Roasted Vegetable Pasta Salad w/ ranch dressing (1/2 c red/orange, ½ c dark green, 2 oz <b>WG</b> grain) Fresh Mozzarella Tortilla Chips Mediterranean Chickpea Salad Pineapple Milk <b>Veg. Same</b>
<b>HOT LUNCH</b>	<p style="text-align: right;"><b>8</b></p> Baked Chicken Thigh with Herb Gravy <b>WG</b> Roll w/ Butter <b>Mashed Sweet Potatoes</b> Steamed Green Beans Cinnamon Applesauce Milk  <b>Veg: Chix Strips</b>	<p style="text-align: right;"><b>9</b></p> Turkey Patty w/ LTO <b>WG</b> Bun <b>Carrots</b> & Peas Roasted Red Potatoes <b>Peach</b> Milk  <b>Veg: 3 ounces Soy Protein</b>	<p style="text-align: right;"><b>10</b></p> Chili con Carne 3 oz meat & Meat Alternate, ½ c chili beans <b>WG</b> Corn Muffin w Butter <b>Broccoli</b> Pineapple Tidbits Milk  <b>Veg: Vegetarian Chili</b>	<p style="text-align: right;"><b>11</b></p> Creamy Chicken Enchiladas 3 oz m/ma, 2 oz grain eq. <b>WG</b> Tortilla <b>Pepper strips</b> Honey Glazed <b>Carrots</b> Grapes Milk  <b>Veg: Chicx Strips Enchiladas</b>	<p style="text-align: right;"><b>12</b></p> Minestrone Soup ( 0.5 oz m/ma, ¼ c vegetable, ½ c. beans, 1ox <b>WG</b> Pasta) PC Cheddar Cheese Wedge <b>WG</b> Ritz Crackers 1 oz grain <b>Collard Greens</b> Mandarin Oranges Milk <b>Veg: same</b>
<b>COLD LUNCH</b>	Taco Salad with Southwest Ranch (2 oz taco meat/ 1 oz cheese - equivalent meat/meat alternate, ¾ cup of vegetable, and 1 oz grain equivalent) Black Beans <b>WG</b> Baked Chips Lettuce and <b>tomato</b> mix <b>Mango</b> Milk  <b>Veg: 3 oz Black Beans</b>	Greek Salad 1 oz. eq. m/ma, 1 cup dark green vegetables, ½ cup other vegetables Chicken Strips <b>WG</b> Soft Pita <b>Romaine Lettuce</b> <b>Hummus</b> Pears Milk  <b>Veg: 2 oz chicx strips</b>	Chicken Salad (lettuce, <b>tomato</b> garnish) <b>WW</b> Bread 2 oz Zucchini salad Beet salad Honeydew Milk  <b>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. &amp; Tom. &amp; Balsamic Vinaigrette</b>	Fresh Mozzarella Pita Bread <b>WG</b> Vegetable Bruschetta (1/2 c vegt) <b>Field Greens</b> w/ Ranch Berries Milk  <b>Veg: Same</b>	<b>Spinach</b> Strawberry Feta Salad (2 oz grain equivalent, 3 oz meat/meat alternate, 1 cup dark leafy green vegetable) Chicken Breast <b>WG</b> Roll <b>Tomato</b> balsamic Apple slices Milk  <b>Veg: 3 oz Chicx Strips</b>



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>HOT LUNCH</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>					
	Hamburger Patty w/ <b>Lettuce</b> , <b>Tomato</b> , Onion Ketchup/Mustard/Mayo <b>WG Bun</b> 2 oz <b>Baked beans</b> Cheesy <b>Broccoli</b> Blueberry cobbler Milk  <b>Veg: Veggie Burger w/ Lettuce,</b>	Slice Turkey & Gravy Stuffing <b>WG Roll</b> w Butter <b>Broccoli</b> & Cauliflower Corn Baked Cinnamon Apple/Applesauce Milk  <b>Veg: 3 oz Chicks Strips</b>	Grilled Pollock w/ tarter sauce <b>WG Bun</b> Stewed tomatoes <b>Lima Beans</b> Grapes Milk  <b>Lewisville - Meatloaf w/Gravy</b> <b>Veg: 3 oz vegan fish</b>	Oven Fried Chicken Legs 3 oz <b>WG Biscuit</b> w/ butter <b>Mashed sweet potatoes</b> 4 Way vegetable mix Plum alt Pineapple Milk  <b>Veg. 3 oz Vegan Nuggets</b>	Spaghetti & Meat Sauce 3 oz m/ma, 1.5 oz WG grain <b>Spinach</b> Sauteed Summer Squash <b>Tangerine</b> <b>WG Roll</b> w/ butter Milk  <b>Veg: Spaghetti w/ Cheese</b>					
	<b>COLD LUNCH</b>	<b>Tropical Bean Salad</b> 2.25 m/ma (w lettuce) 5/8 c veg 3/8 c Fruit <b>WW Bread</b> Butter <b>Romaine Lettuce</b> <b>tomatoes</b> Tropical Fruit Salad Milk  <b>Veg: Same</b>	Pesto Pasta Salad (1/8 c tomatoes) 2 oz Grain Chicken <b>Field Greens</b> w Italian Yogurt parfait Roasted zucchini Milk  <b>Vegetarian: Same</b>	Beef Teriyaki Wrap 3 oz meat/meat alternate, 2 oz grain equivalent, and 1/2 cup other vegetable <b>WG Wrap</b> Asian <b>Bean Salad</b> Canned Pears Milk  <b>Veg: 3 oz beefless strips</b>	Egg Salad <b>WG Roll</b> <b>Marinated Vegetable Salad</b> Cucumber Salad <b>Cantaloupe</b> Milk  <b>Veg: Same</b>	Asian Chop Salad w/ Chicken) (2 oz chicken, 1 oz edamame(m/ma), 1/2 c dark green vegt, 1/4 c red/orange vegt, 1/4 c other vegt) <b>WW Nan Bread</b> Banana Milk  <b>Veg Same w. chick strips</b>				
		<b>HOT LUNCH</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>			
Chicken Tikka Masla 3 oz chicken, 2 oz tikka sauce <b>WG Rice</b> <b>Sauteed Spinach</b> Ginger Cauliflower Mandarin <b>Orange</b> Milk  <b>Veg: 3 oz Chickpea marsala</b>	Meatloaf w/ Gravy <b>WG Bun</b> Brussel Sprouts Scalloped Potatoes Banana (1) Milk  <b>Veg : Vegan Beef Strips</b>		Tuna Noodle Casserole (3 oz MA, 1.5 oz WG Grain, 1/4 c veg- onion, celery, bell peppers) Garlic Bread Green Beans <b>Cannellini bean</b> <b>Plum</b> alt. Honeydew Milk  <b>Lewisville – Turkey &amp; Gravy</b>  <b>Veg: Same</b>	<b>MERRY CHRISTMAS</b>	Sliced Turkey & Gravy Cornbread Stuffing Sweet Potato / Marshmallows Green Beans Casserole Cranberry Sauce SI Pumpkin Pie Milk  <b>Veg: 5 Chix Nuggets)</b> 	Chicken & Dumplings 3 oz Chicken 1/2 c Veg Dumplings <b>WG Roll</b> w Butter <b>Lima bean</b> Pineapple Milk  <b>Veg: Chix Strips</b>				
<b>COLD LUNCH</b>	<b>Chef Salad</b> 3 oz Protein 1/2 oz Swiss Cheese, 1 1/2 oz Roast Beef 1 Egg wedged <b>WG Corn Muffin</b> w butter <b>Mixed Greens</b> Lettuce w Herb Vinaigrette <b>Cherry Tomato</b> & Cuke <b>Peaches</b> Milk  <b>Veg: 1 oz Cheese, 2 eggs</b>	Turkey Mayo <b>WG Roll</b> <b>Tomato</b> and lettuce garnish <b>Romaine</b> with Caesar Dressing <b>Mediterranean Chickpea Salad</b> Mixed Fruit Milk  <b>Veg: 1/2 c Fresh Mozzarella, Cucumbers, Tomato &amp; Balsamic Vinaigrette</b>	Pasta Salad 1 oz Turkey bacon, 2 oz cheddar cubes, 2 oz WG Rotini, <b>Red &amp; Green Pepper</b> strips w Italian <b>Red Bean Salad</b> Grapes Milk  <b>Veg: 3 oz Egg Salad</b>	Sliced Turkey WW Roll (Hamburger Bun) Ambrosia Salad Tossed Salad w dressing pc Grapes Milk  <b>Veg: 3 oz Fresh Mozzarella Cheese</b> 	Mild Buffalo Ranch Chicken Salad <b>WW Bread</b> <b>Spinach Salad</b> w Balsamic Vinaigrette Beet Salad Mango (frozen) Milk  <b>Veg: 1/2 c Hummus 1 oz Provolone</b>					



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>HOT LUNCH</b>	<b>29</b>		<b>30</b>		<b>31</b>				
	Chinese Style Vegetables w/ Orange Chicken (3 oz MMA, 1 oz veg.) <b>Brown Rice</b> Roasted <b>Carrots</b> <b>Edamame</b> Tropical Fruit Cup Milk  <b>Veg: Teriyaki Tofu</b>		Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) Garlic Bread Italian Blend <b>Acorn squash</b> Pears Milk  <b>Veg: Same</b>		Hamburger w/ Lettuce, Tomato, Onion <b>WG Bun</b> Roasted Potatoes <b>Steamed broccoli</b> Banana Milk  <b>Veg: 3 oz Vegetarian Patty</b>				
<b>COLD LUNCH</b>									
	Cranberry Chicken Salad <b>WG Crackers</b> Cucumber Salad pickled beets <b>Peaches</b> Milk  <b>Veg: 3 oz Chicks Strips</b>		Grilled Chicken Mayo <b>WW Bun</b> <b>Carrot</b> Raisin Salad Field salad w/ ranch Grape Milk  <b>Veg: 3 oz Cheese</b>		Tuna Nicoise Salad <b>WG Crackers</b> (½ c Veg - green bean, potato) Field Salad w/ Balsamic Blueberries Milk  <b>Veg: ½ c Cucumber, ½ c Hummus &amp; 1 oz Provolone</b>				