

### Monday

3  
Corndog  
Buttery Corn  
Breaded Okra  
Applesauce  
Frozen Fruit Sidekick  
Cold Milk Variety

10  
Pizza Slice  
Glazed Carrots  
Green Beans  
Applesauce  
Frozen Fruit Sidekick®  
Cold Milk Variety

17  
Country Steak &Gravy  
w/ WG Roll  
Ranch Mashed Potatoes  
Green Peas  
Chilled Mixed Fruit  
Frozen Fruit Sidekick®  
Cold Milk Variety

24  
  
Enjoy Your Winter Break!  
Happy Holidays!

31  
  
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### Tuesday

4  
Chicken Tetrzzini  
WG Roll  
Seasoned Green Beans  
Sweet Potatoes  
Pineapple Chunks  
Fresh Fruit Choice  
Cold Milk Variety

11  
Chicken Fajita w/  
Roasted Peppers & Onions  
Tomato Salsa w/ Tortilla Chips  
Perfect Pinto Beans  
Peaches  
100 % Fruit Juice  
Cold Milk Variety

18  
Chicken & Waffles  
Cheesy Broccoli  
Sweet Potatoes  
Applesauce  
100 % Fruit Juice  
Cold Milk Variety

25  
  
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### Wednesday

5  
Cheeseburger w/ Fries  
Southern Baked Beans  
Strawberry Cup  
Fresh Fruit Choice  
100 % Fruit Juice  
Cold Milk Variety  
Cookie Treat

12  
Beef-a-Roni w/ WG Roll  
Corn Niblets  
Black-Eyed Peas  
Mixed Fruit Cup  
100 % Fruit Juice  
Cold Milk Variety  
Cookie Treat w/ Meal

19  
Spaghetti  
Crackers, WG  
Turnip Greens  
Blacked-Eyed Peas  
Mixed Fruit Cup  
Assorted Fresh Fruit  
Cold Milk Variety  
Cookie Treat with Meal

26  
  
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### Thursday

6  
Taco Soup w/Tortilla Chips  
or  
Mexican Fiestada  
Cheesy Refried Beans  
Glazed Carrots  
Applesauce  
Fresh Fruit Choice  
Cold Milk Variety

13  
Chicken Smackers  
Broccoli & Cheese  
Stuffed Baked Potato  
WG Roll  
Assorted Fresh Fruit  
100 % Fruit Juice  
Cold Milk Variety

20  
Cheeseburger  
Ranch Fries  
Seasoned Green Beans  
Assorted Fresh Fruit  
Frozen Fruit Sidekick®  
Cold Milk Variety

27  
  
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### Friday

7  
Chili Stuffed Baked Potato  
WG Crackers  
Steamed Broccoli  
Fresh Fruit Choice  
Frozen Fruit Sidekick®  
Cold Milk Variety

14  
BBQ Chicken Nachos  
Creamy Coleslaw  
Sweet Potatoes  
Assorted Fresh Fruit  
Frozen Fruit Sidekick®  
Cold Milk Variety

21  
  
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28  
  
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**Grab-N-Go**

Yogurt Variety	<b>or</b>	Sandwich Variety
Breakfast Bar or Muffin		Dill Pickle Spear
String Cheese		Mini Rice Krispy Treat
Mixed Veggies w/ Ranch		Mixed Veggies w/ Ranch
Fruit Cup		Fruit Cup
100 % Fruit Juice		100 % Fruit Juice
Cold Milk Variety		Cold Milk Variety

(Not available at the Sunny Hill Campus)



Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables, and milk. A minimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination of both must be taken to get lunch at no cost. Whole Grain Rich items are offered daily. Meals without a fruit or vegetable will be charged a la carte pricing. Meals are subject to change based on availability. Student meals are served at no cost. Adult Lunch: \$ 4.00