


 6-12 Grades (JPT) "This institution is an equal opportunity provider."		Whole grain bread, cereals, grains & starchy vegetables are a staple in many diets. For heart health, choose whole grain and high fiber varieties. On your plate, these foods should fill no more than one-quarter of your plate. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate <u>Alternate Entrée:</u> Chef Salad or Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers or Pizza or Grab n Go Pack (Turkey, Ham & Cheese on Hawaiian Bun with tortilla chips & cheese stick)---all entrees with choice of vegetable and/or fruit. Adult Meal Price: \$4.81			1 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	2 Fajita Chicken <u>or</u> Turkey Taco <u>or</u> BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	6 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	7 Fajita Chicken <u>or</u> Turkey Taco <u>or</u> Pizza Black Beans Sidekick Assorted Fresh Fruit	8 Charcuterie Tray <u>or</u> Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	9 Turkey & Cheese Wrap <u>or</u> Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	13 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	14 Roasted Turkey <u>or</u> Baked Chicken Seasoned Brown Rice w/Gravy Sweet Potato Yams Field Peas Chilled Fruit Cup Assorted Fresh Fruit	15 Pizza Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	16 Fajita Chicken <u>or</u> Beef Taco <u>or</u> BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 December 19-30, 2022	