



7-8 Grades (DREM)

"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
<p>Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate</p> <p><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.</p> <p>Adult Meal Price: \$4.81</p>			<p>Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Fajita Chicken or Turkey Taco or BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</p>
<p>Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Fajita Chicken or Turkey Taco or Pizza Black Beans Sidekick Assorted Fresh Fruit</p>	<p>Charcuterie Tray or Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Turkey & Cheese Wrap or Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit</p>
<p>Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Roasted Turkey or Baked Chicken Seasoned Brown Rice w/Gravy Sweet Potato Yams Field Peas Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Pizza Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</p>	<p>Fajita Chicken or Beef Taco or BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>December 19-30, 2022</p>		