DECEMBER 2022

FLORENCE 3 SCHOOL DISTRICT
A PREMIER DISTRICT OF CHOICE

LUNCH

9-12 Grades (LCH)

"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 **Alternate Entrée**: 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 or Turkey Taco or 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 or Turkey Taco or Pizza Black Beans Sidekick Assorted Fresh Fruit	8 Charcuterie Tray or Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	9 Turkey & Cheese Wrap or 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 or 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 or Beef Taco or BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
		 December 19-30, 2022		