

# DECEMBER 2023

## Middle Lunch Menu

Breakfast and Lunch are FREE for all students!  
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.

Students must take a fruit and/or a vegetable with each lunch.

All meals are served with milk.

Sunbutter and Jelly Sandwiches and Vegetarian Meals served daily

V=Vegetarian LG=Locally Grown LTO=Limited Time Offer  
HOTM=Harvest of the Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biryani <b>27</b> Chickpea Biryani <b>V</b> Bosco Cheese Stick with Marinara Sauce <b>V</b> Chicken Caesar Salad with Flatbread <b>LG</b> Ham and Cheese Sandwich Broccoli & Carrots <b>LG</b> Apple & Pears	Chicken Fajita with a Tortilla Wrap <b>28</b> Black Bean Taco <b>V</b> Hamburger & Cheeseburger Pizza Platter Chicken Caesar Wrap Roasted Chickpeas & Cucumbers Clementines & Apples	<b>LTO: Spicy Tzatziki Gyro</b> <b>29</b> Vegetarian Nuggets with a Roll <b>V</b> Fish and Chips with Coleslaw and A Dinner Roll Kale Chicken Caesar Salad with Flatbread <b>LG</b> Ham and Cheese Sandwich Corn & Carrots <b>LG</b> Bananas & Berry Cup	Chicken & Vegetable Dumplings with Mixed Vegetables <b>30</b> Edamame Dumplings with Mixed Vegetables <b>V</b> Meatball Sub Pizza Platter Chicken Caesar Wrap Green Beans & Carrots <b>LG</b> Pears & Fresh Fruit Cup	Cheese Pizza <b>V</b> <b>1</b> BBQ Chicken Pizza Kale Chicken Caesar Salad with Flatbread <b>LG</b> Ham and Cheese Sandwich Red Pepper Strips & Side Salad <b>LG</b> Apples & Bananas
Philly Chicken Cheesesteak Sub <b>4</b> Pizza Cruncher <b>V</b> Asian Chicken Salad with Flatbread Tuna Salad Sandwich on a Bulky Roll Carrot Fries <b>LG</b> & Green Beans Apples & Pears	Lowell Grande Nachos <b>5</b> Hamburger & Cheeseburger Pretzel Platter <b>V</b> Turkey BLT Sub Zesty Coleslaw & Broccoli Oranges & Applesauce	Lok Lak with Rice <b>6</b> Chicken Tenders with a Roll Vegetarian Chicken Nuggets with a Roll <b>V</b> Asian Chicken Salad with Flatbread Tuna Salad Sandwich on a Bulky Roll Cucumber & Side Salad <b>LG</b> Banana & Berry Cup	Waffles and Chicken Sausage <b>7</b> Cheesy Potato Breakfast Bake with a Corn Muffin Pretzel Platter <b>V</b> Turkey BLT Sub Roasted Veggies & Green Beans Pears & Fresh Fruit Cup	Cheese Pizza <b>V</b> <b>8</b> Buffalo Chicken Pizza Asian Chicken Salad with Flatbread Tuna Salad Sandwich on a Bulky Roll Roasted Chickpeas & Red Peppers Apples & Bananas
Country Chicken Bowl with Corn Muffin <b>11</b> Country Vegetarian Nugget Bowl with Corn Muffin <b>V</b> Omelette with Corn Muffin <b>V</b> Ham Chef Salad with Flatbread <b>LG</b> Italian Sub Carrots <b>LG</b> & Roasted Potatoes Apples & Pears	<b>LTO: Hot Honey Chicken Tostada</b> <b>12</b> Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich Bagel Power Pack <b>V</b> Moroccan Harissa Chicken Wrap Kickin' Beans & Broccoli Oranges & Applesauce	Penne Bolognese with a Breadstick <b>13</b> Cheese Quesadilla <b>V</b> Ham Chef Salad with Flatbread Italian Sub Cucumber & Parm Carrots <b>LG</b> Bananas & Berry Cup	Black Bean, Pork, Plantain and Rice Bowl <b>14</b> Hamburger & Cheeseburger Bagel Power Pack <b>V</b> Moroccan Harissa Chicken Wrap Green Beans & Spicy Carrots <b>LG</b> Pears & Fresh Fruit Cup	Cheese Pizza <b>V</b> <b>15</b> Pepperoni Pizza Ham Chef Salad with Flatbread Italian Sub Red Pepper Strips & Side Salad <b>LG</b> Apples & Bananas
Deluxe Chicken Sandwich with our NEW Honey Bee Sauce <b>18</b> Hot Dog with a Bun Chicken Caesar Salad with Flatbread <b>LG</b> Turkey and Cheese Sandwich Pickled Cucumbers & Carrots <b>LG</b> Apples & Pears	Arroz Con Pollo <b>19</b> BBQ Chicken and Cheddar Flatbread Chocolate Hummus Platter <b>V</b> Caprese Chicken Platter Celery & Kale Caesar Salad <b>LG</b> Pears & Fresh Fruit Cup	<b>Holiday Meal!</b> <b>20</b> Chicken Cordon Bleu with a Dinner Roll Falafel Bowl with Tzatziki and a Dinner Roll <b>V</b> Roasted Potatoes & Maple Carrots <b>LG</b> Peach Cobbler	Chili Garlic Popcorn Chicken <b>21</b> Lo Mein Pizza Cruncher <b>V</b> Chocolate Hummus Platter <b>V</b> Caprese Chicken Platter Celery & Kale Caesar Salad <b>LG</b> Pears & Fresh Fruit Cup	Cheese Pizza <b>V</b> <b>22</b> Hawaiian Pizza Chicken Caesar Salad with Flatbread <b>LG</b> Turkey and Cheese Sandwich Red Pepper Strips & Side Salad <b>LG</b> Apples & Bananas
<b>25</b> 	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 
<h1>Happy Winter Break!</h1>				