

 **BREAKFAST**

 **LUNCH**

December 2022

Middle

LIFETIME FOUNDATION
HEALTHY PEOPLE. HEALTHY PLANET.



Monday



Tuesday

Wednesday

Thursday

Friday

December is...

National PEAR Month!



Mini Cinnis

5

.....
Chicken Tamale
Pinto Beans



Yogurt with Educational Crackers

6

.....
Breakfast for Lunch
Hash Browns



Zucchini Bread Muffin

7

.....
Beef Hot Dog
Pozole Soup



Whole Grain Cereal
Graham Crackers

8

.....
Macaroni and Cheese



Oatmeal Breakfast Bar

9

.....
Homemade Cheese Pizza



Mini Waffles

12

.....
Orange Chicken and Rice

Whole Grain Cereal
Graham Crackers

13

.....
Bean and Cheese Burrito
Elote Corn



Chocolate Cranberry Muffin

14

.....
Chicken Nuggets
Dinner Roll
Chicken Chili White Bean Soup



Turkey Sausage
Pancake Wrap

15

.....
Chicken Alfredo Pasta

Bagel with Cream Cheese

16

.....
Cheeseburger
Oven Fries



Oatmeal Breakfast Bar

19

.....
Chicken Patty Sandwich

Whole Grain Cereal
Graham Crackers

20

.....
Cheese Pizza
Tater Tots



Daily Breakfast

Breakfast Special
Seasonal Whole Fresh Fruit
100% Fruit Juice
1% or Skim Milk

Daily Lunch

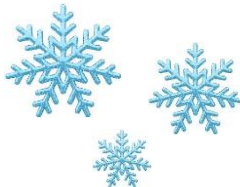
Lunch Special
Peanut Butter & Jelly Sandwich
Rotating 3rd Lunch Entrée
Seasonal Whole Fresh Fruit
Garden Salad Bar
1% or Skim Milk

Rotating 3rd Entrée

Monday/Thursday
Turkey Ham and Cheese Sub

Tuesday/Friday
Chicken Ranch Wrap

Wednesday
Large Garden Salad with Turkey



Enjoy your winter break!



Vegetarian



Fish



Poultry



Pork



Beef



Gluten-Free

Please bear with us as we deal with supply chain issues.

Menu items may change due to availability.

This institution is an equal opportunity provider

Questions? Call the Child Nutrition Office at 602-707-2021