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Name : November 2022 MTS Secondary Grades 7 & 8 Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads			
Age Group : 6-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Fresh Cilantro & Crema Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg		<b>Creamy Mac &amp; Cheese</b>	<b>Veggie Lasagna Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Fresh Hot Cheese Pizza</b>
Cold		<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos Assorted Salad Bar Variety Applesauce Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Banana & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Assorted Salad Bar Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Quesadilla</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	<b>Queso Meatball Sub</b> WG Bun & Cilantro Nacho Chz Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Banana Cinnamon Goldfish & Choice Milk	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Wg Roll Assorted Salad Bar Tropical Fruit mix Vanilla Wafers & Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Banana Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Goldfish Pretzels</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk	<b>Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Banana Ranch Doritos & Choice Milk	<b>Connecting to Roots through Food</b>  The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is self-stable on the countertop for 5 days (while keeping covered.) - Jason	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Garden Cheeseburger</b>		
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	Jason's 'Shoofly Pie Recipe' is on Page 2	
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	<b>Grilled Chicken SW Taco Salad</b> Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	<b>Grilled Chicken Bistro Salad</b> Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	<b>Grilled Chicken Power Green Salad</b> Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.  
\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

<b>Shoofly Pie Recipe</b>	
<b>Ingredients Needed:</b>  1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water	<b>Servings : 1 Pie</b>  <b>Steps:</b> 1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one.  There are two components to the filling, the molasses liquid mixture and the crumb topping.  <b>Crumb topping:</b> 2. Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency.  <b>Filling:</b> 3. Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together.  4. Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

**December 2022 Menu (Subject to Change)**

Week VI	Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	<b>Spicy Chicken Fritters w/ Ranch</b> Sweet Chili Doritos Assorted Salad Bar Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	<b>General Tso's Chicken</b> Steamed Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Creamy Chicken Pasta</b> Top with Chopped Fresh Parsley Soft Dinner Roll & Assorted Salad Bar Banana Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Cheese & Youza Sauce Assorted Salad Bar & Summer Grapes Animal Crackers & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week II	Monday, December 12, 2022
Hot Meal	<b>BBQ Beef Sandwich</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>
Cold	Woubutter & Jelly Sandwich

\* Skim and 1% milk choices offered daily.  
 \* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

<b>Name : November 2022 MTS Secondary Grades 9-12 Lunch Menu</b>		<b>Options Provided : Hot, Hot Vegetarian, Cold Meals &amp; Deli Salads</b>			
<b>Age Group : 9-12</b>		<b>Meal : Lunch</b>		<b>Meal Pattern : NSLP</b>	
<b>Week II</b>		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Fresh Cilantro & Crema Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Box Giant Goldfish & Choice Milk	<b>Meatball Sub w/ Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Summer Grapes 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Honey Grahams
Hot Veg		<b>Creamy Mac &amp; Cheese &amp; Bakery Rolls</b>	<b>Veggie Lasagna Roll &amp; WG Rolls</b>	<b>Buttermilk Pancakes &amp; Syrup w/ Scrambled Eggs</b>	<b>Fresh Hot Cheese Pizza</b>
Cold		Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
<b>Week III</b>	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> WG Roll & Sweet Chili Doritos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix Granola Bites & 100% Fruit Juice Box & Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Bananas & Choice Milk	<b>Mandarin Orange Chicken</b> WG Roll & Steamed Brown Rice Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Cinnamon Goldfish & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Elf Grahams
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Quesadilla</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
<b>Week IV</b>	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	<b>Queso Meatball Sub</b> WG Bun & Cilantro Nacho Chz Doritos & Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Box Choice Milk & Animal Crackers	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Corn Ranch Salsa Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Granola Bites
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Woubutter & Jelly Sandwich & Cinnamon Goldfish	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Elf Grahams	Grilled Chicken & Cheese Bun
<b>Week V</b>	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> WG Rolls Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	<b>Sesame Chicken</b> WG Roll & Steamed Seasoned Rice Assorted Salad Bar Bananas Cinnamon Goldfish & Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Cinnamon Goldfish
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Woubutter & Jelly Sandwich & Cinnamon Goldfish	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Goldfish Pretzels	Grilled Chicken & Cheese Bun
<b>Week VI</b>	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit w/ Margarine PC Mashed Potatoes & Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Bananas Ranch Doritos & Choice Milk	<b>Connecting to Roots through Food</b>  The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is self-stable on the countertop for 5 days (while keeping covered.) - Jason	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers &amp; Bakery Roll</b>	<b>Garden Cheeseburger</b>		
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo		
<b>Deli Salads (Vegetarian choices come with eggs in the place of chicken)</b>	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	<b>Grilled Chicken SW Taco Salad</b> Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	<b>Grilled Chicken Bistro Salad</b> Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	<b>Grilled Chicken Power Green Salad</b> Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.  
\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

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<b>Shoofly Pie Recipe</b>	
<b>Ingredients Needed:</b>  1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water	<b>Servings : 1 Pie</b>  <b>Steps:</b> 1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one.  There are two components to the filling, the molasses liquid mixture and the crumb topping.  <b>Crumb topping:</b> 2. Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency.  <b>Filling:</b> 3. Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together.  4. Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

**December 2022 Menu (Subject to Change)**

Week VI	Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	<b>Spicy Chicken Fritters w/ Ranch</b> Sweet Chili Doritos Assorted Salad Bar Summer Grapes 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Elf Grahams
Hot Veg	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Chicken Caesar Wrap &amp; Honey Grahams</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Juice Box & Choice Milk	<b>General Tso's Chicken</b> Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix Honey Grahams, 100% Fruit Juice Box & Choice Milk	<b>Creamy Chicken Pasta</b> Top with Chopped Fresh Parsley Soft Dinner Rolls & Assorted Salad Bar Bananas Elf Grahams & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Chz, Corn Salsa & Youza Sauce Assorted Salad Bar & Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Cinnamon Goldfish
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week II	Monday, December 12, 2022
Hot Meal	<b>BBQ Beef Sandwich</b> Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>

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