

December

Match Middle School/Match Next

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Honey Buttons Cereal/Fruit Lone Star Grilled Chicken Sandwich Glazed Carrots Sunflower Seeds/Fruit 5	Yogurt/Granola/Fruit Cheese Ravioli W/Marinara Sauce Chilled Green Beans Dick And Janes Smart Crackers/Fruit 6	Cold Bagel Sandwich W/Cheese Jumbo Caribbean Meatball W/Rice Garbanzo Beans/Broccoli Goldfish Pretzels/Fruit 7	Whole Wheat Bagel Flame Broiled Cheeseburger Lettuce And Tomatoes Salsa Fresca Rumbles/Fruit 8	French Toast Muffin/Fruit Cold Turkey And Cheese Sandwich Corn Goldfish Cheese Crackers/Fruit 9
Cocoa Bops Cereal/Fruit All Natural Hot Dog Glazed Carrots Honey Wheat Crackers/Sunbutter 12	Apple Cinna-grins Cereal/Fruit Crispy Chicken Sandwich (Df) Edamame/Grape Tomatoes Mini Dipperdoodle/Fruit 13	Cinnamon Crumble/Fruit Chicken Bites (Df) Mashed Potatoes Dick And Janes Smart Crackers/Fruit 14	Blueberry Burst Bagel Bbq Chicken W/Cheesy Rice Chilled Green Beans Honey Grahams/Fruit 15	Autumn Spice Muffin/Fruit Kickin' Chicken Melt Sandwich Lettuce And Tomatoes Sunflower Seeds/Fruit 16
Dipper Doodle Bar/Fruit Breakfast For Lunch: Pancakes W/Sausage Corn Zac Attack Bar Apple/Fruit 19	Apple Muffin/Fruit Mac And Cheese W/ Nuggets Pinto Beans/Baby Carrots Honey Wheat Crackers 20	Whole Wheat Bagel Cold Bbq Chicken Wrap Chilled Green Beans Goldfish Pretzels/Fruit 21		
			22	23

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

This institution is an equal opportunity provider.

HAPPY HOLIDAYS!



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