

December Lunch

NO FRIED FOODS!!

Monday, December 2, 2019	Tuesday, December 3, 2019	Wednesday, December 4, 2019	Thursday, December 5, 2019	Friday, December 6, 2019
Mega Mac & Cheese <u>V, EF</u> Peas and Carrots Cantaloupe <u>GF: GF Pasta w/ GF Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Chicken Paella - <u>DF, EF, GF</u> Whole Grain Turmeric Rice Cauliflower Watermelon <u>V, Vegan: Tofu Paella</u>	Turkey Chili - <u>DF, EF</u> Wheat Bread Green Beans Pineapple <u>V, Vegan - Three Bean Chili</u> <u>GF: GF Bread</u>	Chicken Teriyaki - <u>DF, EF, GF</u> Whole Grain Brown Rice Sliced Carrots Bananas <u>V, Vegan: Tofu Teriyaki</u>	Cheesy Italian Pasta <u>V, EF</u> Cucumbers Fruit Salad <u>Vegan, DF: Pasta Marinara & Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>
Monday, December 9, 2019	Tuesday, December 10, 2019	Wednesday, December 11, 2019	Thursday, December 12, 2019	Friday, December 13, 2019
Meatball Slider Slider Bun Sliced Carrots Honey Dew <u>V, Vegan, DF, EF: Tofu Slider</u> <u>Vegan, DF, EF: Wheat Bread</u> <u>GF: Tofu Slider w/ GF Bread</u>	Caribbean Stew <u>V, Vegan, DF, EF, GF</u> Whole Grain Brown Rice Broccoli Watermelon	Turkey Burgers - <u>DF, EF</u> Slider Bun Green Beans Pineapple <u>V, Vegan: Veggie Burger</u> <u>Vegan, DF, EF: Wheat Bread</u> <u>GF: GF Bread</u>	Chicken Verde - <u>DF, EF</u> Whole Grain Tortillas Peas and Carrots Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Entrée with Corn Tortilla</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Fresh Garden Salad Fruit Salad <u>DF: Pizza w/ Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, December 16, 2019	Tuesday, December 17, 2019	Wednesday, December 18, 2019	Thursday, December 19, 2019	Friday, December 20, 2019
Spaghetti and Meatballs Sliced Carrots Honey Dew <u>V, Vegan, DF, EF:</u> <u>Spaghetti w/ Tofu, Marinara</u> <u>GF: GF Pasta w/ Tofu Marinara</u>	Taco Tuesday!!!! Whole Grain Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Entrée with Corn Tortilla</u> <u>DF, Vegan: Vegan Cheese</u>	Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Green Beans Cantaloupe <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u>	Chicken Gyros - <u>DF, EF</u> Pita Bread (Tzatziki on the side) Broccoli Pineapple <u>V, Vegan: Chickpea and Veggie Gyros</u> <u>GF: Entrée w/ Corn Tortilla</u>	BBQ Chicken - <u>DF, EF</u> Wheat Bread Cucumbers Fruit Salad <u>V, Vegan: BBQ Tofu</u> <u>GF: GF Bread</u>
Monday, December 23, 2019	Tuesday, December 24, 2019	Wednesday, December 25, 2019	Thursday, December 26, 2019	Friday, December 27, 2019
Pasta Alfredo - <u>V, EF</u> Peas and Carrots Cantaloupe <u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	HOK Chicken Salad Wheat Bread Cucumbers Watermelon <u>V, Vegan, DF, EF: Sunbutter & Jelly Sandwiches</u> <u>GF: GF Bread</u>	Happy Holidays!	Turkey Sloppy Joes Slider Bun Sliced Carrots Bananas <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>Vegan, DF, EF: Wheat Bread</u> <u>GF: GF Bread</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Fresh Garden Salad Fruit Salad <u>DF: Pizza w/ Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>