

December Lunch

NO FRIED FOODS!!

Monday, December 2, 2024	Tuesday, December 3, 2024	Wednesday, December 4, 2024	Thursday, December 5, 2024	Friday, December 6, 2024
Mega Mac & Cheese - V, EF	Taco Tuesday! - EF	BBQ Chicken Quinoa - DF, EF	Turkey Meatloaf - EF, GF	Pizza Day - V, EF
Pasta	Flour Tortillas	Dinner Roll	Wheat Bread	Flour Pizza Crust
Peas and Carrots	Lettuce, Salsa	Broccoli	Green Beans	Cucumbers
Honeydew	Bananas	Cantaloupe	Watermelon	Fruit Salad
GF: GF Pasta w/ Cheese Sauce	V, Vegan: Veggie &Bean Taco	V, Vegan: BBQ Tofu	V, Vegan, DF - Veggie Patty	DF: Pizza w/Turkey Pepperoni
Vegan, DF: Cheesy Vegan Pasta	GF: Corn Tortilla	GF: Whole Grain Brown Rice	GF: Gluten Free Bread	GF: Gluten Free Pizza w/ Cheese
				Vegan: Pizza w/ Vegan Cheese
Monday, December 9, 2024	Tuesday, December 10, 2024	Wednesday, December 11, 2024	Thursday, December 12, 2024	Friday, December 13, 2024
Pasta w/ Meat Sauce - DF, EF	Chicken Chickpea Gyros - EF	Turkey Paella - DF, EF, GF	Chicken Fajitas - DF, EF	Pepperoni Pizza Pasta - <u>EF</u>
Pasta	Pita Bread	Turmeric Rice	Flour Tortillas	Pasta
Sliced Carrots	Broccoli	Peas and Carrots	Cauliflower	Green Beans
Honeydew	Bananas	Cantaloupe	Pineapple	Fruit Salad
V, Vegan: Pasta Marinara Vegan Cheese	V, Vegan, DF: Chickpea and Veggie Gyros	V, Vegan: Tofu Paella	V, Vegan: Bean Fajitas	V, Vegan, DF: Veggie Pizza Pasta
GF: Entrée w/ GF Pasta	GF: Whole Grain Brown Rice		GF: Corn Tortilla	GF: GF Pepperoni Pizza Pasta
Monday, December 16, 2024	Tuesday, December 17, 2024	Wednesday, December 18, 2024	Thursday, December 19, 2024	Friday, December 20, 2024
Pasta Alfredo - V, EF	Cheesy Chicken Broccoli - EF, GF	Turkey Lentil Sloppy Joes - DF, EF	Cheesy Chicken Philly - EF	Pizza Day - V, EF
Pasta	Whole Grain Brown Rice	Dinner Roll	Mini Hoagie	Flour Pizza Crust
Peas and Carrots	Broccoli	Sliced Carrots	Green Beans	Cucumbers
Cantaloupe	Bananas	Honeydew	Watermelon	Fruit Salad
DF, Vegan: Pasta Marinara Vegan Cheese	DF: DF Chicken Broccoli Casserole	V, Vegan: Lentil & Bean Sloppy Joe	DF: DF Chicken Philly	DF: Pizza w/Turkey Pepperoni
GF: GF Pasta Alfredo	V, Vegan: Tofu Broccoli Casserole	GF: White Rice	V, Vegan: White Bean Philly	GF: Gluten Free Pizza w/ Cheese
			GF: White Rice	Vegan: Pizza w/ Vegan Cheese
Monday, December 23, 2024	Tuesday, December 24, 2024	Wednesday, December 25, 2024	Thursday, December 26, 2024	Friday, December 27, 2024
Teriyaki Meatballs	BBQ Chicken Salad - DF, EF		Red Pepper Turkey - EF, GF	Chicken Parmesan Sub - EF
Vegetable Rice	Wheat Bread	Happy Holidays!	Whole Grain Brown Rice	Mini Hoagie
Honeydew	Cucumbers	Tuippy Tourings:	Broccoli	Green Beans
V, Vegan: Tofu Teriyaki	Bananas		Cantaloupe	Fruit Salad
DF, EF, GF: Chicken Teriyaki	V, Vegan: Sunbutter and Jelly		V, Vegan: Tofu w/ DF Sauce	V, Vegan, DF: Veggie Meatball Sub
	GF: Entrée w/ GF Bread		DF: Turkey w/ DF Sauce	GF: Whole Grain Brown Rice