

# December Lunch



PREPACK 2023



Enhance Your Meal with Fresh Farm-to-School Items on the Salad Bar. Milk Offered Daily.



**WE DO NOT SERVE PORK HERE.**

No servimos cerdo aqui.  
Waxaan halkan kuma adeegi doofaarka.  
Peb tsis pab naqaij npuas no.

*Know Your Food* Local Business JR Iron Chef Recipe  
 Meatless Option Farm to School Contains Fish

**F 1**

Beef Pepperoni Pizza,  
 Cheese Pizza

Roasted Turkey & Cheddar Sandwich

**M 4**

Chicken Alfredo,  
 Penne with Alfredo  
 Bagel Yogurt Pack

Served with Mixed Vegetable Blend

**T 5**

Honey Chipotle Fish,  
 Baked Soy Nuggets

Roasted Turkey & Cheddar on Flatbread

Served with Creamy Mac & Cheese, Green Beans

**W 6**

BBQ Boneless Chicken Nuggets,  
 BBQ Soy Nuggets

Smoked Turkey & Cheddar on Pullman

Served with Baked Potato Wedge, Dinner Roll

**T 7**

Bean & Cheese Burrito

Chicken Salad on Flatbread

Served with Southwest Quinoa, Seasoned Corn

**F 8**

**NO SCHOOL**

**M 11**

Cheese Omelet, Pancake with Blueberry Compote  
 Bagel Yogurt Pack

Served with Diced Seasoned Potatoes

**T 12**

Beef Hamburger, Beef Cheeseburger,  
 Black Bean Burger

Roasted Turkey & Cheddar on Flatbread

Served with Baked Beans

**W 13**

Meatballs with Marinara & Penne,  
 Italian Vegetable Crumble Pasta Bake

Smoked Turkey & Cheddar on Pullman

Served with Green Beans, Dinner Roll

**T 14**

Baked Herb Chicken,  
 Baked Soy Nuggets

Chicken Salad on Flatbread

Served with Yellow Rice,  
 Butternut Squash Bake

**F 15**

Beef Pepperoni Pizza,  
 Cheese Pizza

Roasted Turkey & Cheddar Sandwich

**M 18**

**T 19**

**W 20**

**T 21**

**F 22**

**WINTER BREAK  
DEC 18 - JAN 1**

**M 25**

**T 26**

**W 27**

**T 28**

**F 29**



MPS CULINARY & WELLNESS SERVICES

EST. 2012