

Menu for December 2022

"USDA is an equal opportunity provider."

The clock has not run out!

Households may apply at any time during the school year for free and reduced price meal benefits. Get in touch with us today to learn more about free and reduced price meals in our district: 252-480-8888, X1921

Lunch Prices

Elementary (K-5)	Middle & High (6-12)
\$2.75	\$3.00

We provide free and reduced-price meals for eligible students. Adults pay by the items selected.

Thursday December 1

CHOOSE ONE ENTRÉE

- Macaroni & Cheese
Garlic Breadstick
- Fresh Southwest Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Crinkle Cut Sweet Potato Fries,
- Green Beans
- Fresh Fruit
- Diced Pears
- Variety of Milk

Friday December 2

CHOOSE ONE ENTRÉE

- Nardone's Boxed Pepperoni Pizza
- Fresh Vegetarian Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Celery Cup
- Bagged Carrots
- Mixed Fruit
- Fruit Juice
- Variety of Milk



Monday December 5

CHOOSE ONE ENTRÉE

- Cheeseburger on a Bun
- Fresh Caesar Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Potato Smiles
- Green Peas
- Fresh Fruit
- Icy Strawberry Cup
- Variety of Milk

Tuesday December 6

CHOOSE ONE ENTRÉE

- Taco Tuesday
Brown Rice & Tortilla
- Fresh Ham & Cheese Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Steamed Corn
- Seasoned Black Beans
- Mixed Fruit
- Fruit Juice
- Variety of Milk

Wednesday December 7

CHOOSE ONE ENTRÉE

- Sriracha Boneless Wings w/Hushpuppies
- Fresh Crispy Chicken Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Baked Potato
- Green Beans
- Applesauce
- Fresh Fruit
- Variety of Milk

Thursday December 8

CHOOSE ONE ENTRÉE

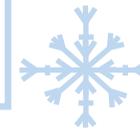
- Potstickers w/Orange Sauce & Fried Rice
- Fresh Southwest Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Steamed Spinach
- Crinkle Cut Sweet Potato Fries
- Diced Peaches
- Fruit Juice
- Variety of Milk

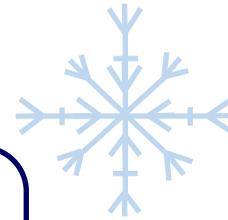
Friday December 9

CHOOSE ONE ENTRÉE

- Four Cheese Pizza
- Fresh Vegetarian Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices
- Mixed Veggies
- Bagged Carrots
- Diced Pears
- Fresh Fruit
- Variety of Milk

Menu is subject to change based on availability





Monday December 12

CHOOSE ONE ENTRÉE

- Corn Dog Nuggets
- Fresh Caesar Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Steamed Broccoli
- Steamed Carrots
- Diced Peaches
- Fruit Juice
- Variety of Milk

Tuesday December 13

CHOOSE ONE ENTRÉE

- Totchos
- Fresh Ham & Cheese Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Steamed Corn
- Applesauce
- Spiced Pears
- Variety of Milk

Wednesday December 14

CHOOSE ONE ENTRÉE

- Grilled Cheese
- Crispy Chicken Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Baked Beans
- Cole Slaw
- Mixed Fruit
- Fresh Fruit
- Variety of Milk

Thursday December 15

CHOOSE ONE ENTRÉE

- Chicken Filet on a Bun
- Fresh Southwest Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Waffle Potatoes
- Green Beans
- Raisins
- Fruit Juice
- Variety of Milk

Friday December 16

CHOOSE ONE ENTRÉE

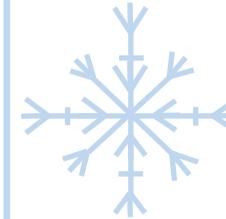
- Cheesy French Bread
- Fresh Vegetarian Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Fresh Steamed Cabbage
- Glazed Sweet Potatoes
- Fresh Fruit
- Cherry Oatmeal Crisp
- Variety of Milk

Online Payments

Parents may pre-pay for school meals, payment of unpaid meal charges and track what their children are purchasing in the school cafeteria and receive low balance E-mail alerts. For information visit: K12paymentcenter.com



Monday— Banana Bread

Tuesday— Pancake Sausage on a Stick

Wednesday— Breakfast Pizza

Thursday— Chicken Biscuit

Friday— Powered Donuts

Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffin, honey bun, toaster pastry, cereal, graham crackers, breakfast biscuits and more. Juice, Fruit and a variety of milk are offered with all breakfasts.

School Breakfast Prices for 2022-2023

Paid Student Breakfast = \$1.25

Reduced Student Breakfast = Free

(Due to State funding)

Breakfast Menu

**No School until
January 3rd
Happy Holidays**

