

Middle School DECEMBER 2019

* denotes an upcharge. Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
2 No Classes!	3 Beef Tacos or Cheese Quesadillas Mexican Rice Corn Vegetable Medley Gluten Free: GF Tacos	4 MONGOLIAN BBQ Crispy Chicken or Stir Fry Noodles Rice Fried Cabbage Vegetable Medley Gluten Free: GF Crispy Chicken	5 No classes!	6 Cheese Pizza or Potato Crusted Cod* Garden Rice Greens Vegetable Medley Gluten Free: GF Pizza
9 Popcorn Chicken or Cheesy Flatbread Au Gratin Potatoes Butternut Squash Vegetable Medley Gluten Free: GF Chicken Bites	10 Garlic Chicken or Sweet Teriyaki Eggplant Rice Vegetable Egg Roll Vegetable Medley Gluten Free: GF Garlic Chicken	11 MAMA'S FAVORITES Oven Roasted Beef or Baked Macaroni & Cheese Corn Bread Rolls Bacon Brussels Sprouts Vegetable Medley Gluten Free: Oven Roasted Beef	12 Roasted Turkey or Tomato Spinach Naan Mashed Potatoes Harvest Vegetable Stuffing Vegetable Medley Gluten Free: Roasted Turkey	13 Stuffed Crust Pizza or Lemon Pepper Salmon* Risotto Broccoli Vegetable Medley Gluten Free: GF Pizza
16 Chicken Parmesan or Stuffed Tomatoes Roasted Redskins Peas Vegetable Medley Gluten Free: GF Chicken Parmesan	17 Waffles or Ham & Cheese Scrambled Eggs Tater Tots Bacon Baked Apples Gluten Free: GF Waffles	18 KID'S CHOICE Chicken Tenders or Bagel Pizzas Noodles Corn Vegetable Medley Gluten Free: GF Chicken Chunks	19 Hamburgers or Black Bean Burgers French Fries Carrots Vegetable Medley Gluten Free: Burger on GF Bun	20 Buffalo Chicken Flatbread or Cheesy Flatbread Rice Pilaf Zucchini & Squash Vegetable Medley Gluten Free: GF Pizza



A complete school lunch consists of: soup, salad, entrée (cold or hot), 2 side dishes, fruit, & milk. We feature locally source vegetables daily (some grown right here on the SSA farm)!