

Name : December 2022 K-8 Breakfast		Meal : Breakfast	Meal Pattern : NSLP
Age Group : K-8			

Breakfast	Thursday, December 1, 2022		Friday, December 2, 2022	
	Variety Sliced Bagel (2 items) <i>Margarine & Jelly (1 ea)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)		Assorted Single Bowl Cereal (1 Items) Assorted Nature Valley Crisp (1 item) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered			

Breakfast	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
	Assorted Big Bowl Cereal (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Straawberry Boli (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Maple Waffle Snaps (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Soft Filled Oatmeal Cereal Bar (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Assorted Single Cereal Bowl (1 item) Assorted Small Brekkie (1 item) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				

Breakfast	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
	Assorted Big Bowl Cereal (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Apple Filled Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Variety Sliced Bagel (2 items) <i>Margarine & Jelly (1 ea)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	WG Glazed Honey Bun (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Assorted Single Bowl Cereal (1 item) Betty Crocker Oatmeal Cereal Bar (1 item) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				

Breakfast	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
	Assorted Big Bowl Cereal (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Mini French toast (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	No School -- Winter Break		No School -- Winter Break
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				

Breakfast	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
	No School -- Winter Break				
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Name : December 2022 Oakhill Montessori K-8 Lunch Menu		Options Provided : Hot, Hot Vegetarian & Deli Salads			
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Hot Meal	Thursday, December 1, 2022		Friday, December 2, 2022		
	Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Seasoned Black Beans Fresh Orange Choice Milk		Fresh Baked Pizza Mixed Salad & Dressing Crisp Apple Choice Milk		
Hot Veg			Cheese Quesadilla	Fresh Baked Cheese Pizza	
Hot Meal	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
	Creamy Mac & Cheese Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Sliced Cucumbers Banana & Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Fresh Orange & Choice Milk	Fresh Baked Pizza Fresh Broccoli & Dip Crisp Apple Choice Milk
Hot Veg	Creamy Mac & Cheese	Grilled Cheese Sandwich	Quesadilla	Smothered Veg Patty & WG Roll	Fresh Baked Cheese Pizza
Hot Meal	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
	BBQ Beef Sandwich Sunchips CKC Baked Beans Variety Applesauce Choice Milk	Hawaiian Chicken Seasoned Rice, Fresh Cilantro Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Corn Salad Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Celery Sticks Fresh Orange & Choice Milk	Fresh Baked Pizza Baby Carrots & Dip Crisp Apple Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese & WG Roll	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Fresh Baked Cheese Pizza
Hot Meal	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
	Premium Chicken Nuggets Ketchup Seasoned Black Beans Cool Ranch Doritos Variety Applesauce & Choice Milk	Fresh Baked Pizza Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	No School -- Winter Break		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Fresh Baked Cheese Pizza			
Hot Meal	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
	No School -- Winter Break				
Hot Veg					
Deli Salads <small>(Vegetarian choices come with eggs in the place of chicken)</small>	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Grilled Chicken SW Taco Salad Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Grilled Chicken Bistro Salad Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Grilled Chicken Power Green Salad Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.
*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)					

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* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.