

# December



## Muroc JUSD Jr. – Sr. High School Lunch 2017

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 TERIYAKI CHICKEN W/FRIED RICE Breadstick ^ BEAN & CHEESE BURRITO ^ CHEESE PIZZA WEDGE ^ Fresh Banana* Salad Bar Selections
4 PIZZA DIPPERS ^ Marinara Dipping Sauce TURKEY HAM & CHEESE SANDWICH ^ Diced Peaches Strawberry Applesauce Salad Bar Selections	5 POPCORN CHICKEN CHILI PEPPERONI PIZZA WEDGE ^ Diced Peaches Mixed Fruit Cup Corn Muffin ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	6 BEAN & CHEESE BURRITO ^ HOT DOG Hot Dog Bun SAUSAGE PIZZA WEDGE ^ Fresh Orange* Chocolate Cookie ^ Salad Bar Selections Black Beans	7 CHICKEN TENDERS Marinara Dipping Sauce SLOPPY JOE Hamburger Bun MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Apple* Multi Grain Sun Chips ^ Salad Bar Selections	8 SALISBURY STEAK W/ GRAVY CRISPY CHICKEN FILLET Hamburger Bun CHEESE PIZZA WEDGE ^ Fresh Pear* Salad Bar Selections
11 CHICKEN NUGGETS TURKEY BOLOGNA SANDWICH ^ Pineapple Tidbits Diced Peaches Cheddar Sun Chips Salad Bar Selections Pickle Chips	12 HAMBURGER Sriracha Ketchup SPICY CHICKEN FILLET Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Cinnamon Applesauce Salad Bar Selections	13 PEPPERONI PIZZA WEDGE ROTINI BAKE ^ Breadstick ^ CHEESY PARM WRAP ^ Mixed Fruit Cup Fresh Banana* Salad Bar Selections	14 CHICKEN ALFREDO ^ MEATLOAF PANINI ^ SAUSAGE PIZZA WEDGE ^ Fresh Apple* Chocolate Cookie Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	15 CHICKEN, BEAN, & CHEESE QUESADILLA RANCH TURKEY BURGER Hamburger Bun BAGEL DOG ^ Fresh Orange* Salad Bar Selections Black Beans Corn
18 CHICKEN TENDERS TURKEY & CHEESE SANDWICH ^ Mixed Fruit Cup Orange Juice Cherry Cookie ^ Salad Bar Selections	19 CHEESE PIZZA WEDGE ^ SANTA FE CHICKEN Corn Muffin ^ HAMBURGER Hamburger Bun ^ Diced Peaches Diced Pears Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	20 HOT DOG Hot Dog Bun ^ PEPPERONI PIZZA WRAP ^ SPAGHETTI W/MEATBALLS Breadstick ^ Pineapple Tidbits Fresh Pear* Multi Grain Sun Chips ^ Salad Bar Selections Black Beans	21	22
25	26	27	28	29

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat



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