



# DECEMBER

### Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>MAC &amp; CHEESE ^</b> SunSet Sip Juice <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce Diced Pears Orange-Tangerine Juice Chocolate Cookie ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins</p>	<p><b>4</b></p> <p><b>SLOPPY JOE</b> Hamburger Bun <b>CHICKEN TENDERS</b> <b>MINI CHEESE RAVIOLI WITH SAUCE ^</b> Applesauce Cup Fruit Punch Juice Cheddar Sun Chips ^ Salad Bar Selections Black Beans</p>	<p><b>5</b></p> <p><b>BEAN &amp; CHEESE BURRITO ^</b> <b>HAMBURGER</b> Hamburger Bun ^ <b>DELI SUB SANDWICH ^</b> Fresh Banana* Diced Peaches Salad Bar Selections Pickle Chips</p>	<p><b>6</b></p> <p><b>POPCORN CHICKEN</b> <b>HOT DOG</b> Hot Dog Bun ^ <b>SAUSAGE PIZZA WEDGE ^</b> Fresh Apple* Vanilla Cookie ^ Salad Bar Selections</p>	<p><b>7</b></p> <p><b>SALISBURY STEAK W/ GRAVY</b> <b>CRISPY CHICKEN FILLET</b> Hamburger Bun <b>GRILLED CHEESE SANDWICH ^</b> Fresh Orange* Mixed Fruit Cup Salad Bar Selections</p>
<p><b>10</b></p> <p><b>CHILI</b> Corn Muffin ^ <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce Grape Juice Pineapple Tidbits Salad Bar Selections Green Pepper Slices</p>	<p><b>11</b></p> <p><b>CHEESE PIZZA WEDGE ^</b> <b>CHICKEN TENDERS</b> <b>TURKEY HAM &amp; CHEESE SANDWICH ^</b> Diced Peaches Fruit Punch Juice Pretzel ^ Salad Bar Selections Pickle Chips</p>	<p><b>12</b></p> <p><b>BBQ CHICKEN</b> <b>HAMBURGER</b> Hamburger Bun ^ <b>CHEESY PARM WRAP ^</b> Mixed Fruit Cup Orange-Tangerine Juice Salad Bar Selections</p>	<p><b>13</b></p> <p><b>CHICKEN ALFREDO ^</b> <b>HOT DOG</b> Hot Dog Bun ^ <b>GRILLED CHEESE PANINI ^</b> Fresh Apple* Chocolate Cookie Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>	<p><b>14</b></p> <p><b>BAGEL DOG ^</b> <b>SPICY CHICKEN FILLET</b> <b>RANCH TURKEY BURGER</b> Hamburger Bun ^ Fresh Banana* Diced Pears Salad Bar Selections Black Beans Corn</p>
<p><b>17</b></p> <p><b>PENNE PASTA W/ MEAT SAUCE</b> Breadstick (IW)^ <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce Pineapple Tidbits Orange-Tangerine Juice Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins</p>	<p><b>18</b></p> <p><b>CHICKEN TACO</b> Soft Tortilla ^ (2) <b>VEGETARIAN CHILI W/ BEANS</b> Corn Muffin ^ <b>TURKEY &amp; CHEESE SANDWICH ^</b> Applesauce Cup Fruit Punch Juice Salad Bar Selections</p>	<p><b>19</b></p> <p><b>PEPPERONI PIZZA WEDGE ^</b> <b>HAMBURGER</b> Hamburger Bun ^ <b>MINI CHEESE RAVIOLI WITH SAUCE ^</b> Grape Juice Fresh Pear* Raspberry Cookies ^ Salad Bar Selections Pickle Chips</p>	<p><b>20</b></p>	<p><b>21</b></p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>31</b></p>				

**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



