

# Daily Offerings:

**MTO Chicken and Burger Bar**  
 Spicy or Golden Whole Grain Crispy Chicken Breast, or Beef Burger with choice of Shredded Lettuce, Sliced Tomatoes, American or Swiss Cheese, or Sliced Jalapenos.

**MTO Nacho Bar**  
 Whole Grain Tortilla Chips, Cilantro Lime Rice\*, Ground Beef, Diced Chicken, Warm Nacho Cheese, Shredded Cheddar Cheese, Sour Cream, Salsa, House made Pico de Gallo or Southwest Guacamole.

**Jammie**  
 SunButter and Jelly Sandwich on Whole Grain Bread.

**Build Your Own Pizza Bento Box**  
 Whole Grain Flatbread, Mozzarella Cheese, Basil Pizza Sauce, and Beef/Chicken Pepperoni

**Chicken Caesar Salad**  
 Romaine Lettuce, Shredded Parmesan Cheese, Croutons, Crispy Whole Grain Breaded Chicken Breast.

**Buffalo Popcorn Chicken Salad**  
 Romaine Lettuce, Shredded Carrots, Shredded Cheddar Cheese, Whole Grain Breaded Popcorn Chicken, Ranch Dressing.

**Chicken Caesar Wrap**  
 Crispy Whole Grain Breaded Chicken Breast, Shredded Lettuce, Shredded Parmesan Cheese, tossed in Caesar dressing, and wrapped in a flour tortilla.

**Buffalo Chicken Ranch Wrap**  
 Crispy Whole Grain Breaded Buffalo Popcorn Chicken, Shredded Lettuce, Sliced Tomato, tossed in Buffalo Ranch sauce, and wrapped in a flour tortilla.

**Fresh Fruit Parfait**  
 Fresh Strawberries and or Blueberries with Strawberry and Vanilla Yogurt. Topped with Whole Grain Granola.

**Fresh Fruit Platter**  
 Sliced Watermelon, Cantaloupe, Honeydew, Pineapple, and Grapes. Served with Yogurt Cup and Whole Grain Snack Bag.

**Sandwich of the Week**  
 Ham, Turkey, BLT, Tuna or Chicken Ham sandwich served on Whole Grain Bread or Tortilla.

**Salad of the Week**  
 Greek, Egg Chef, Berry Spinach, Tuna or Cobb



# December 2023

## LEMAN MIDDLE SCHOOL

## LUNCH MENU

MON	TUES	WED	THURS	FRI
				1
				NO SCHOOL
Hot Dog Bar <sup>4</sup> Spicy Popcorn Chicken Baked Beans Roasted Vegetables Red Delicious Apple Celery Sticks 100% Fruit Juice Choice of Milk	Two Taco Tuesday <sup>5</sup> Golden Crispy Chicken Tenders Street Corn Baby Banana Grape Tomatoes 100% Fruit Juice Choice of Milk	Build Your Own Deli Sandwich Bar <sup>6</sup> Bosco Sticks w/ Pizza Sauce Granny Smith Apple Side Romaine Salad 100% Fruit Juice Choice of Milk	Spicy Beef Tzatziki Gyro <sup>7</sup> Popcorn Chicken Boat w/ Roasted Potatoes Roasted Vegetables Red and Green Grapes Edamame Beans 100% Fruit Juice Choice of Milk	Sausage Pizza <sup>8</sup> Supreme Pizza Pepperoni Pizza Cheese Pizza Roasted Vegetables Red Pears Spinach Salad 100% Fruit Juice Choice of Milk
Corn Dog <sup>11</sup> Popcorn Chicken Boat w/ Tater Tots Roasted Vegetables Fuji Apple Celery Sticks 100% Fruit Juice Choice of Milk	Pasta Bar <sup>12</sup> Meatball Sub Roasted Vegetables Baby Banana Cucumber Tomato Salad 100% Fruit Juice Choice of Milk	Chicken and Vegetable <sup>3</sup> Dumplings Pizza Crunchers Vegetable Fried Rice Roasted Vegetables Red Pears Baby Carrots 100% Fruit Juice Choice of Milk	Hot Honey Chicken <sup>14</sup> Tostada Turkey Burger w/Crinkle Cut Fries Buffalo Cauliflower Ruby Red Grapefruit Edamame Beans 100% Fruit Juice Choice of Milk	Buffalo Ranch Chicken Pizza <sup>15</sup> Supreme Pizza Pepperoni Pizza Cheese Pizza Roasted Vegetables Fresh Pineapple Spinach Salad 100% Fruit Juice Choice of Milk
Bacon Grilled Cheese w/ Tomato Soup <sup>18</sup> Golden Crispy Chicken Tenders Red Delicious Apple Baby Carrots 100% Fruit Juice Choice of Milk	Two Taco Tuesday <sup>19</sup> Bosco Sticks w/ Pizza Sauce Refried Beans Baby Banana Cucumber Coins 100% Fruit Juice Choice of Milk	Turkey Dinner <sup>20</sup> Chicken Corn Dog Granny Smith Apple Frozen Sidekick Slushie Garlic Mashed Potatoes Choice of Milk	Egg Roll in a Bowl <sup>21</sup> Popcorn Chicken Garlic Green Beans Mandarin Oranges Edamame Beans 100% Fruit Juice Choice of Milk	Hawaiian Pizza <sup>22</sup> Supreme Pizza Pepperoni Pizza Cheese Pizza Roasted Vegetables Fresh Honeydew Spinach Salad Choice of Milk
25	26	27	28	29
WINTER BREAK				

Menus are subject to change.

Every meal comes complete with Fruit, Veggies, Grain, and Choice of Milk.  
 When possible, we will purchase locally and source out Farm to Table Ingredients.  
 Milk Choices Include: 1% White, Fat Free Chocolate

LUNCH IS FREE FOR ALL D33 STUDENTS!



This institution is an equal opportunity provider.