










December Lunch Menu Rhodes School

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Spicy Popcorn Chicken Bites 2 oz. meat / 2 bread Potato Wedges $\frac{1}{2}$ cup Red peppers $\frac{1}{4}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breaded Cheese Sticks 2 oz meat / 1 bread Marinara Sauce $\frac{1}{4}$ cup Celery Sticks $\frac{1}{2}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breakfast Sausage Patty WG Waffles 2 bread / Syrup Cucumbers $\frac{1}{2}$ cup / Dressing Hash brown $\frac{1}{4}$ cup / Ketchup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Chicken Nuggets 2 oz. meat / 1 bread W/G Dinner Roll 1 bread Black Beans $\frac{1}{2}$ cup Broccoli Florets $\frac{1}{4}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Cheese Pizza 2 oz. cheese/WG pizza crust Spinach Salad 1 cup / Dressing Red peppers $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup
10	11	12	13	14
Cheeseburger 2 oz. meat / cheese Refried Beans $\frac{1}{2}$ cup Cauliflower Florets $\frac{1}{4}$ cup / Dressing WG Hamburger Bun Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Pizza Dippers 2 oz. cheese / 2 bread WG Dipper Dough 2 oz. Marinara Sauce $\frac{1}{4}$ cup Broccoli florets $\frac{1}{2}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Hot Dog / WG Hotdog Bun 2 oz. meat / 2 bread Ketchup / Mustard Potato Wedges $\frac{1}{2}$ cup Sliced Red Peppers $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Grilled Cheese 2 oz. cheese/WG Bread Baked Beans $\frac{1}{2}$ cup Spinach Salad 1 cup / Dressing W/G Dinner Roll 1 each Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Cheese Pizza 2 oz. cheese/WG pizza crust Spinach Salad 1 cup / Dressing Baby Carrots $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup
17	18	19	20	21
Spicy Popcorn Chicken Bites 2 oz. meat / 2 bread Corn $\frac{1}{2}$ cup Vegetarian Beans $\frac{1}{2}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breakfast Sausage Patty WG Pancakes 2 bread / Syrup Hash browns $\frac{1}{4}$ cup Sliced Red Peppers $\frac{1}{2}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Whole Grain Corn Dog 2 oz. meat / 2 bread Ketchup / Mustard Cucumbers $\frac{1}{2}$ cup Baby carrots $\frac{1}{4}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breaded Cheese Sticks 2 oz. meat / 1 bread Spinach Salad 1 cup / Dressing Marinara Sauce $\frac{1}{4}$ cup WG Dinner Roll 1 each Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Cheese Pizza 2 oz. meat / 2 bread Spinach Salad 1 cup / Dressing Cauliflower florets $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup
24	25	26	27	28
WINTER BREAK 	WINTER BREAK 	WINTER BREAK 	WINTER BREAK 	WINTER BREAK 
31	1	2	3	4
WINTER BREAK 	WINTER BREAK 	WINTER BREAK 	WINTER BREAK 	WINTER BREAK 