

# South Point Elementary Lunch December 2023

## Offered Daily

- Chef Salad
- Low Fat Cottage Cheese
- Romaine & Tomato Salad
- Fresh Veggies
- At least 1 Fresh Fruit Offered daily: Apples, Oranges, Kiwi, Grapes, Melon, Seasonal Fruit
- 3 of the Following Canned Fruit Choices: Peaches, Pineapple, Mixed Fruit, Applesauce, Pears, Mandarin Oranges
- 100% Juice Choices: Apple, Grape, Fruit Punch & Orange
- Milk: White 1%, Chocolate Non-Fat
- All grains are whole grain.

## Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or vegetable.

Save time & money! No Fees for Food Service online Depositing!

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Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
27 C Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	28 D Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Rice Krispy Treat	29 A Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	30 B Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	1 C Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
4 D Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	5 A Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	6 B Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	7 C Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	8 D Day Pizza Chicken Patty on Bun Chicken Rice Ranch Tossed Salad w/Cheese Fruit Choice
11 A Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	12 B Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	13 C Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	14 D Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	15 A Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
18 B Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	19 C Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	20 D Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	21 A Day <b>HALF DAY</b> Hamburger on Bun Baked Chips Baby Carrots Fresh Sliced Apples Cookie	22 B Day <b>HALF DAY</b> Chicken Patty on Bun Baked Chips Baby Carrots Fresh Sliced Apples Cookie
25 C Day 	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

"This institution is an equal opportunity provider."