

DECEMBER 2018

Middle school & John Muir school

Student Lunches 2.85 Adult 4.00



Rooster is your Guide

To Locally purchased and made from scratch options. Salad bar seasonal local produce

Monday

Tuesday

Wednesday

Thursday

Friday

3

Mac & cheese
Cheese or garden burgers
Salad, Sandwiches or wraps

4



Pizza
Teriyaki Meatballs & rice
Salad, Sandwiches or wraps

5



Sloppy Joes & tots
Grilled cheese & soup
Salads, sandwiches or wraps

6

Chicken Burgers w/ ff
Garden burgers w/ ff
Chicken tenders / mashed potatoes
Salads, sandwiches or wraps

7



Beef or Bean Nacho's
Corn dog's w/tots
Salad, Sandwiches or wraps

10



Cheese burger w/ ff
Garden burger w/ff
Beef or bean taco
Salads, sandwiches or wraps

11



Pizza
Spaghetti & marinara or
Meat sauce
Salad, Sandwiches or wraps

12



Beef or Veggie Chili &
cornbread
Tso's chicken & rice
Salad, Sandwiches or wraps

13



Beef or bean Nacho's
Pretzel w/cheese
Salad, Sandwiches or wraps

14

Kung pao chicken & rice
Cheese stuffed sticks w/
marinara sauce
Salad, Sandwiches or wraps

17



Cheese burger w/ ff
Garden burger w/ff
Beef or bean taco
Salads, sandwiches or wraps

18

Beef or chicken tornados
Orange chicken & rice
Salads, sandwiches or wraps

19



Beef or veggie Lasagna
Chicken tender's w/ potatoes
Salads, sandwiches or wraps

20



Pizza
Chicken Alfredo
Salads, sandwiches or wraps

21

Meatloaf
Hotdogs & tots
Salads, sandwiches or wraps

24

Winter Break



26

Winter Break

27

Winter Break

28

Winter Break

31

Winter Break

Locally sourced: Pizza, sloppy joes, spaghetti, taco's meat, chili, lasagna & nacho meat.

Chicken is antibiotic and hormone free

is made from scratch or mostly scratch

All meals meet the Healthy Hungry free kids act of America federal lunch guidelines



Endless salad bar with every lunch. All meals come with 1% white milk or fat free chocolate

ASD is an equal opportunity employer

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Thursday

Friday

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