

Crossroads Breakfast Menu December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 BREAKFAST MEAL KIT Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	2 BREAKFAST MEAL KIT Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box Choice of Milk
All Milk is 1% Low Fat	5 BREAKFAST MEAL KIT Cinnamon Pop Tart Animal Graham Crackers 100% Juice Box Choice of Milk	6 BREAKFAST MEAL KIT Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	7 BREAKFAST MEAL KIT Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	8 BREAKFAST MEAL KIT Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	9 BREAKFAST MEAL KIT Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box Choice of Milk
	12 BREAKFAST MEAL KIT Cinnamon Pop Tart Animal Graham Crackers 100% Juice Box Choice of Milk	13 BREAKFAST MEAL KIT Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	14 BREAKFAST MEAL KIT Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	15 BREAKFAST MEAL KIT Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	16 BREAKFAST MEAL KIT Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box Choice of Milk
All bread is whole grain	19 BREAKFAST MEAL KIT Cinnamon Pop Tart Animal Graham Crackers 100% Juice Box Choice of Milk	20 BREAKFAST MEAL KIT Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	21 BREAKFAST MEAL KIT Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	22 BREAKFAST MEAL KIT Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	23 NO SCHOOL Winter Break
Menu subject to change	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

Crossroads Lunch Menu December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 MACARONI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	2 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
	5 TOASTED CHEESE SANDWICH Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	6 CHEESEBURGERS Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	7 PULLED PORK SANDWICH on Whole Grain Bun French Fries Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	8 PENNE with MEATSAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	9 CHEESE PIZZA French Fries Fresh Cukes Assorted Fresh Fruit Choice of Low Fat Milk
Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	12 CORN DOGS French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	13 CHICKEN NACHOS on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	14 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	15 MACARONI with MEATSAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	16 FRENCH BREAD PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
All Milk is 1% White All bread is whole grain	19 HOT HAM AND CHEESE SANDWICH Tater Tots Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	20 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	21 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	22 ROTINI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	23 NO SCHOOL Winter Break
Cheez-its or Goldfish Grades 7-12 on 12/5 12/12 12/21 12/22 Menu subject to change	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break

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