



December 2023

LSS Meals | K-12 Lunch Menu

Friday, Dec. 1

- 1% Milk or Skim Milk
- Sloppy Joe on WG Bun
- Romaine Salad w/Ranch
- Vegetarian Baked Beans
- Canned Apple Slices

Monday, Dec. 4	Tuesday, Dec. 5	Wednesday, Dec. 6	Thursday, Dec. 7	Friday, Dec. 8
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk
Creamy Swedish Meatballs	WG Pasta w/Meat Sauce	Teriyaki Diced Chicken	Ranch Diced Turkey	WG Mac and Cheese
Steamed Peas and Carrots	Fresh Broccoli	WG Brown Rice	Mashed Potatoes	Romaine Salad
WG Bread Slice	Ranch Dressing	Fresh Baby Carrots	WG Garlic Bread Stick	Ranch Dressing
Butter	Diced Pears	Pineapple Tidbits	Fresh Banana	Tropical Fruit
Applesauce				
Monday, Dec. 11	Tuesday, Dec. 12	Wednesday, Dec. 13	Thursday, Dec. 14	Friday, Dec. 15
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk
WG Bosco Sticks	Diced Turkey Pot Pie	BBQ Diced Chicken	Diced Turkey in Gravy	Goulash w/WG Pasta
Marinara Sauce	w/WG Biscuit	on WG Bun	Mashed Potatoes	Romaine Salad
Steamed Peas and Carrots	Fresh Baby Carrots	Fresh Broccoli/Ranch	WG Bread Slice	Ranch Dressing
Applesauce	Canned Apple Slices	Vegetarian Baked Beans	Butter	WG Garlic Bread Stick
		Diced Peaches	Fresh Banana	Diced Pears
Monday, Dec. 18	Tuesday, Dec. 19	Wednesday, Dec. 20	Thursday, Dec. 21	Friday, Dec. 22
1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk
Hamburger Patty on WG Bun	Diced Chicken w/WG Noodles	Meatloaf w/Gravy	WG Bean and Cheese Burrito	Sweet and Sour Meatballs
American Cheese/Ketchup	Steamed Peas and Carrots	Mashed Potatoes	Taco Sauce	WG Brown Rice
Vegetarian Baked Beans	WG Garlic Bread Stick	WG Bread Slice	Romaine Salad	Fresh Broccoli
Fresh Baby Carrots	Mixed Fruit	Butter	Ranch Dressing	Ranch Dressing
Applesauce		Mandarin Oranges	Banana	Pineapple Tidbits
Monday, Dec. 25	Tuesday, Dec. 26	Wednesday, Dec. 27	Thursday, Dec. 28	Friday, Dec. 29
	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk	1% Milk or Skim Milk
Holiday	Meatballs in Marinara	Beef Tacos on WG Tortilla Shell	Sweet and Sour Chicken	Diced Turkey w/WG Noodles
Closed	Shredded Mozzarella Cheese	Shredded Cheese/Taco Sauce	WG Brown Rice	Steamed Peas and Carrots
	Fresh Baby Carrots	Vegetarian Refried Beans	Fresh Broccoli	Diced Peaches
	WG Garlic Bread Stick	Romaine Salad w/Ranch	Ranch Dressing	
	Diced Pears	Canned Apple Slices	Fresh Banana	

This menu meets CACFP guidelines for nutrition and meal pattern. All grains are at least 51% whole grain. If milk is listed as a component of the snack, unflavored whole milk is provided for children age 12 months to 2 years of age and low fat or fat free milk is provided for children above 2 years of age.

Menu is subject to change.

Approved by Taylor Galbrecht, RD