



December

2021

In Season Grapefruit

In just 1/2 (100g) of a grapefruit, there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



Monday

Blank menu box for Monday.

Tuesday

Blank menu box for Tuesday.

Wednesday

Potato Egg Cheese Taco
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Pepperoni Pizza **1**  
Spaghetti Meatballs  
Baby Carrots/ Dip  
Seasoned Corn  
Garlic Bread Stick  
Sliced Apples

### Thursday

Pancake w/Sausage Link  
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Beef Nachos **2**
Chicken Quesadilla
Spanish Rice
Pinto Beans
Salad
Strawberries & Bananas

Friday

Sausage Biscuit
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Cheese Burger **3**  
Steak Burger  
Tater Tots  
Burger Salad  
Chilled Pears

Donut Holes  
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Chicken Tenders **6**
Mini Corn Dog
Scalloped Potatoes
Carrot Coins
Whole Grain Roll
Apple Wedges

Chicken & Waffle
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Asian Chicken w/Rice **7**  
Ham/Cheese on Bun  
Steamed Broccoli  
Peas & Carrots  
Egg Roll/Fortune Cookie  
Rosey Pears

Breakfast on a Bun  
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Pepperoni Pizza **8**
Cheesy Grilled Chick Burger
Fresh Veggies/Dip
Green Beans
Banana Pudding

Honey Bun
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Frito Pie **9**  
Beef & Bean Burrito  
Refried Beans & Rice  
Cheese Cup  
Tossed Salad  
Fresh Fruit Cup

Sausage Cheese Biscuit  
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Cheese Burger **10**
Fish Nuggets
Macaroni & Cheese
Oven French Fries
Burger Salad
Rosey Applesauce

Breakfast Bites
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Popcorn Chicken **13**  
Steak Burger  
Mashed Potatoes/ Gravy  
Broccoli & Cheese  
Whole Grain Biscuit  
Apple & Orange Wedges

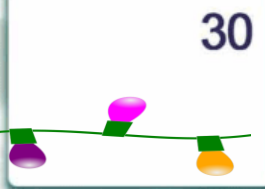
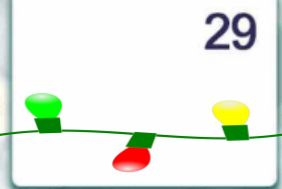
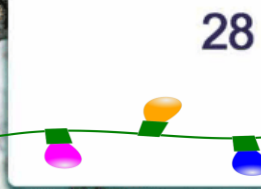
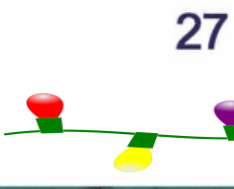
Pancake Sandwich  
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Pulled Pork on Bun **14**
Hot Dog
Baked Beans
Seasoned Corn
Pickles / Onions
Fruited Jello

Sausage Egg Cheese Taco
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Big Daddy Pepperoni Pizza **15**  
Chicken Burger  
Baby Carrots/Dip  
Mixed Vegetables  
Whole Grain Roll  
Grapefruit Half

Pop Tart  
~~~~~  
Turkey & Gravy w/Dressing **16**
Steak Fingers
Mashed Potatoes/Gravy
Green Beans
Whole Grain Roll
Cobbler

Breakfast Pizza
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**17**  
Early Release  
Sack Lunch

Christmas **20**  
Break  
December 20 - 31



## Food Service Department Announcements

361-242-5906



<http://www.calallen.healtheliving.net>

### Make Your Choice

**C O U N T**

Take at least **3** of the five Food Components  
One of your choices must be 1/2 cup Fruit or 1/4 cup Vegetable for the meal to be reimbursable.

- 1. Fruits**  
Choose fresh, frozen, canned, or dried.
- 2. Veggies**  
Vegetables include fresh, frozen, canned, dried beans and legumes and starchy.
- 3. Grains**  
Choose whole grain foods when possible.
- 4. Meats**  
Meat Alternates  
Meat, chicken, turkey, fish, poultry or seafood.
- 5. Milk**  
Fat free or low fat (1%) milk. Skim milk is not allowed. Only flavored milks as white milk, but must contain at least 10% milkfat.

## Meal Prices

*free*

Student

Breakfast and Lunch  
Until June 30, 2022