

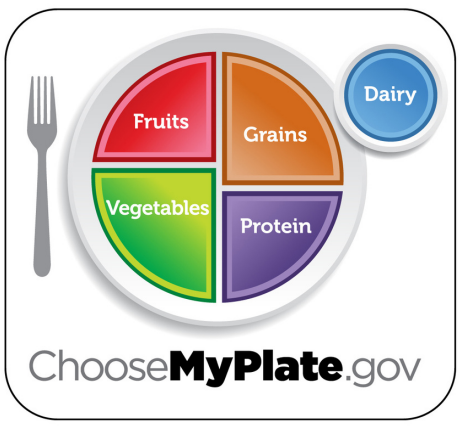
ALUM ROCK UNION SCHOOL DISTRICT

K-8

DECEMBER 2020

ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!

MENU KEY:
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey



Fruits

Vegetables

Protein

Grains

Dairy

TO MAKE A
BREAKFAST:
Must take an entree
& 1/2 cup of fruit or
juice!

WHAT MAKES A
COMPLETE LUNCH?
Choose at least 3
different food
components
&
one must be 1/2 cup of
fruit or vegetables!

MON	TUE	WED	THU	FRI
<div>NOV 30</div> <div>Breakfast Meal Kit (V) ****</div> <div>Bean Dip Meal Kit (V)</div> <div>Turkey Ham and Cheese Sandwich (T/P)</div> <div>Fruit/Veg</div>	<div>DEC 1</div> <div>Cherry Muffin (V) ****</div> <div>Bean and Cheese Salsa Burrito (V)</div> <div>PB & J Sandwich/ Sunbutter Sandwich (V)</div> <div>Fruit/Veg</div>	<div>DEC 2</div> <div>Cinni Mini (V) ****</div> <div>Drumstick w/roll (C)</div> <div>Turkey Ham and Cheese Sandwich (T/P)</div> <div>Harvest of the Month: Fruit/Veg</div>	<div>DEC 3</div> <div>Bagel Cinnamon Raisin Cream Cheese (V) ****</div> <div>Corn Dog (C)</div> <div>PB & J Sandwich/ Sunbutter Sandwich (V)</div> <div>Fruit/Veg</div>	<div>DEC 4</div> <div>Cereal and Cracker (V) ****</div> <div>Spicy Grilled Cheese (V)</div> <div>Weekend Meal Kits (V)</div> <div>Fruit/Veg</div>
<div>DEC 7</div> <div>Cinnamon Square (V) ****</div> <div>Chicken Bites w/roll (C)</div> <div>Turkey Ham and Cheese Sandwich (T/P)</div> <div>Fruit/Veg</div>	<div>DEC 8</div> <div>Sweet Pot/Choc Muffin Top (V) ****</div> <div>Chimi Nada Pocket (V)</div> <div>PB & J Sandwich/ Sunbutter Sandwich (V)</div> <div>Fruit/Veg</div>	<div>DEC 9</div> <div>Cinni Mini (V) ****</div> <div>Pizza Pepperoni (B/P)</div> <div>Turkey Ham and Cheese Sandwich (T/P)</div> <div>Harvest of the Month: Fruit/Veg</div>	<div>DEC 10</div> <div>Mini Bagel Cinnamon Cream Cheese (V) ****</div> <div>Cheeseburger Sliders (B)</div> <div>PB & J Sandwich/ Sunbutter Sandwich (V)</div> <div>Fruit/Veg</div>	<div>DEC 11</div> <div>Cereal and Cracker (V) ****</div> <div>Ciabatta Cheese Melt (V)</div> <div>Weekend Meal Kits (V)</div> <div>Fruit/Veg</div>
<div>DEC 14</div> <div>Ultimate Breakfast Round (V) ****</div> <div>Chicken Strips w/roll (C)</div> <div>Turkey Ham and Cheese Sandwich (T/P)</div> <div>Fruit/Veg</div>	<div>DEC 15</div> <div>Blueberry Muffin (V) ****</div> <div>Chicken Cheese Tamale (C)</div> <div>PB & J Sandwich/ Sunbutter Sandwich (V)</div> <div>Fruit/Veg</div>	<div>DEC 16</div> <div>Cinnamon Roll (V) ****</div> <div>Egg Roll (C)</div> <div>Turkey Ham and Cheese Sandwich (T/P)</div> <div>Harvest of the Month: Fruit/Veg</div>	<div>DEC 17</div> <div>Bagel Cream Cheese (V) ****</div> <div>Spicy Chicken Sliders (C)</div> <div>PB & J Sandwich/ Sunbutter Sandwich (V)</div> <div>Fruit/Veg</div>	<div>DEC 18</div> <div>Cereal and Cracker (V) ****</div> <div>Grilled Cheese (V)</div> <div>Weekend Meal Kits (V)</div> <div>Fruit/Veg</div>
<div>DEC 21</div> <div>NON-WORK DAY</div> <div>HOLIDAY BREAK</div>	<div>DEC 22</div> <div>NON-WORK DAY</div> <div>HOLIDAY BREAK</div>	<div>DEC 23</div> <div>NON-WORK DAY</div> <div>HOLIDAY BREAK</div>	<div>DEC 24 CHRISTMAS EVE</div> <div>NON-WORK DAY</div> <div>HOLIDAY BREAK</div>	<div>DEC 25 CHRISTMAS DAY</div> <div>HOLIDAY</div>

*MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



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Vegetables



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Protein



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Grains



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Dairy



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MON	TUE	WED	THU	FRI
DEC 28	DEC 29	DEC 30	DEC 31 NEW YEAR'S EVE	JAN 1 NEW YEAR'S DAY
NON-WORK DAY	NON-WORK DAY	NON-WORK DAY	NON-WORK DAY	
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY

HARVEST OF THE MONTH



This month, we have **mandarins** as the harvest of the month! At 47 calories per fruit, mandarins are full of nutrition! They are a good source of vitamins C and A, potassium, and fiber. They are sweet, tangy, and easy to peel!



This month's harvest are yam sticks! **Yams** are rich in manganese, potassium and fiber. They are also a great source of vitamins C and B-6. They are related to sweet potatoes and can be white or orange!

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