

DECEMBER

Dec 2nd - Dec 20th
 Week #1: 2nd - 6th
 Week #2: 9th - 13th
 Week #3: 16th - 20th
 Happy Holidays !!!

4TH - 8TH Grade Food Court Menu

Choose **THREE OR MORE** COLORS for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

Hot Entrees

Choose from several fruit and veggie choices daily

BIG Daddy's CHEESE Pizza



BIG Daddy's PEPPERONI Pizza

CHICKEN TENDERS



breaded chicken tenders served with whole grain roll

BUFF-a-BURGER

100% all beef burger

w/american cheese on a WGR hamburger bun



HOT DOGS

All beef hotdog on a WG Bun

Cold Entrees

Choose from several fruit and veggie choices daily



Sliced apples w/peanut butter, cheesestick, WGR tortilla chips and salsa *Gluten Free *Vegetarian



PEANUT BUTTER & JELLY



Chef Salad

Romaine lettuce served w/ grape tomatoes, Turkey, Ham, Shredded Cheddar, ranch dressing & WG Goldfish crackers or equiv.

Turkey & Cheese SANDWICH



GRAB & GO
ALWAYS FAST ~ ALWAYS FRESH



FRIED CHICKEN SALAD

Romaine lettuce served w/ crispy chicken, grape tomatoes, Carrots, shredded cheddar, ranch dressing & WG goldfish crackers or equiv.

Weekly Special

Choose from several fruit and veggie choices daily

THE BEST Italian



Three meat (ham, salami & pepperoni) topped with provolone cheese melted and pressed on cuban bread. Comes with marianara for dipping.

Week #1 & 2



COWBOY BURGER



100% all beef bacon burger w/white american cheese topped with fried onions on a WGR hamburger bun

Week #3

Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
 fax:
 (833) 256-1665 or (202) 690-7442; or
 email:
 Program.Intake@usda.gov

This institution is an equal opportunity provider.

What Makes A LUNCH

SELECT 3-5 ITEMS:

	GRAINS	
	PROTEIN	
VEGGIE	FRUIT	

one must be a **FRUIT** or **VEGGIE**