

THE MARKET MENU

December 2023

Ross Park
Lunch

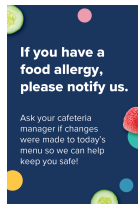
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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1

- Main Entrees
- Personal Pepperoni Pizza
 - Orange Glazed Carrots
- Alternate Entrees
- Whole Grain Pancake Bites
 - Vanilla Yogurt
 - Mandarin Oranges
 - Dried Cranberries

4

- Main Entrees
- Walking Beef Taco
 - Mexican Style Refried Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
 - Whole Grain Cheez-It Crackers

5

- Main Entrees
- Mashed Potato & Chicken Bowl
 - Mini Whole Grain Biscuit
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch

6

- Main Entrees
- Chicken Alfredo Sauce
 - Rotini Pasta
 - Seasoned Broccoli Florets
- Alternate Entrees
- Hummus, Veggies & Corn Chips

7

- Main Entrees
- Whole Grain French Toast Sticks
 - Scrambled Eggs
 - Sweet Potato Tots
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch

8

- Main Entrees
- Turkey Pepperoni Pizza
 - Seasoned Corn
- Alternate Entrees
- Whole Grain Pancake Bites
 - Vanilla Yogurt
 - Mandarin Oranges
 - Dried Cranberries

11

- Main Entrees
- Breaded Chicken Parmesan
 - Rotini Pasta
 - Seasoned Broccoli Florets
- Alternate Entrees
- Ham & Turkey Chef Salad
 - Whole Grain Cheez-It Crackers

12

- Main Entrees
- Beef Nachos
 - Refried Vegetarian Beans
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch

13

- Main Entrees
- Maple Turkey Sausage Pancake
 - Glazed Sweet Potatoes
 - Apple Crisp
- Alternate Entrees
- Hummus, Veggies & Corn Chips

14

- Main Entrees
- Waffle Flavored Chicken Chunks
 - Whole Grain Waffle
 - Sweet Potato Fries
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch

15

- Main Entrees
- French Bread Pepperoni Pizza
 - Seasoned Corn
- Alternate Entrees
- Whole Grain Pancake Bites
 - Vanilla Yogurt
 - Dried Cranberries

18

- Main Entrees
- Classic American Cheeseburger
 - Baked Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
 - Whole Grain Cheez-It Crackers

19

- Main Entrees
- Cheese Stuffed Breadsticks
 - Marinara Sauce
 - Cinnamon Glazed Carrots
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch

20

- Main Entrees
- Pancakes
 - Baked Egg Bites with Turkey Sausage & Cheddar Cheese
 - Tater Tots
- Alternate Entrees
- Hummus, Veggies & Corn Chips

21

- Main Entrees
- Sliced Glazed Ham
 - Garlic Mashed Potatoes
 - Hawaiian Roll
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch

22

Christmas Break-No School

25

26

27

28

29

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