

# DECEMBER 2021

## Allendale Christian Middle School Menu



Lunch Prices: Free (until notified otherwise)  
 Staff/Adult Meals- \$3.80  
 Extra Entrée- \$1.15 Milk Only- \$0.50



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

\*\* Menu items may change without notice due to product availability

\*\*This institution is an equal opportunity provider and employer\*\*

Choice 1: Hot Dog on Bun, Seasonal Veggies, Baked Beans, Fruit, Dessert

Choice 2: Breakfast Bag

Choice 1: Corn Puppies, Green Beans, Seasonal Veggies, Fruit

Choice 2: "Un crustables" Bag

Choice 1: Peppino's Pizza, Corn, Seasonal Veggies, Fruit, Pudding

Choice 2: Chicken Sandwich Bag

Choice 1: Spaghetti w/ Meat Sauce & Cheese, Garlic Breadstick, seasonal veggies, Fruit, Slushie

Choice 2: Bagel Bag

Choice 1: Sloppy Joes, Smile Fries, Fresh Veggies, Fruit, Dessert

Choice 2: Stuffed Pizza Stick Bag

Choice 1: Mozzarella Sticks, Marinara Sauce, Broccoli, Fruit, Crackers

Choice 2: Lucky Charms Bag

Choice 1: (Empty)

Choice 2: (Empty)

Choice 1: (Empty)

Choice 2: (Empty)

**National Cocoa Day**  
 Choice 1: Chicken Nuggets, Green Beans, seasonal veggies, Sun Chips, Fruit, Pudding  
 Choice 2: Cocoa Puffs Bag

Choice 1: Pulled Pork Sandwich, Peas, Seasonal Veggies, Fruit, Crackers  
 Choice 2: Breakfast Bag

Choice 1: 3 Cheese Cavatappi, Garlic Breadstick, Broccoli, Seasonal Veggies, Fruit, Dessert  
 Choice 2: Bagel Bag

Choice 1: Peppino's Pizza, Corn, Seasonal Veggies, Fruit, Slushie  
 Choice 2: Turkey/Cheese Sand. Bag

**Nat. Maple Syrup Day**  
 Choice 1: Chocolate Chip French Toast, Sausage, Hash Brown, Fruitables, Fruit, Muffin  
 Choice 2: "Un crustables" Bag

Choice 1: Ham, Broccoli, Garlic Mashed Potatoes, Roll, Fruit, Cookie

Choice 2: Cocoa Puffs Bag

Choice 1: Nachos- Chips, Taco Meat, Salsa, Cheese, Refried Beans, Spanish Rice, Romaine Lettuce, Fruit, Slushie

Choice 2: Chicken Sandwich Bag

Choice 1: Mini Cinnamon Rolls, sausage, Fruitables, Potato Cubes, Fruit, Muffin

Choice 2: Nacho Bag

Choice 1: (Empty)

Choice 2: (Empty)

Choice 1: (Empty)

Choice 2: (Empty)

Choice 1: (Empty)

Choice 1: (Empty)

Choice 1: (Empty)

Choice 1: (Empty)

Choice 1: (Empty)