

DECEMBER | 2022

Mini Marauder Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Teriyaki Dippers with a Dinner Roll Corn Fresh Fruit White Milk	29 Tacos Refried Beans Fresh Fruit White Milk	Lunch Kit Mini Peppers Fresh Fruit White Milk	¹ Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit White Milk	Pizza Slice Cucumber Fresh Fruit White Milk
5 Hamburger Tater Tots Fresh Fruit White Milk	6 Mac and Cheese Baked Beans Fresh Fruit White Milk	Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit White Milk	8 Grilled Cheese Tomato Soup Fresh Fruit White Milk	9 Calzone Green Beans Fresh Fruit White Milk
12 Protein Power Broccoli Fresh Fruit White Milk	French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	¹ Chicken Nuggets French Fries Fresh Fruit White Milk	¹⁵ Popcorn Chicken Baked Beans Fresh Fruit White Milk	¹ Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit White Milk
Wintor Brook				

Build a Meal

Each student's meal will contain the following components to make a health, well-balanced meal:

Protein-Whole Grain-Fruit- Vegetable- Milk

> Protein Power: Yogurt, String Cheese, Grain

Lunch Kit Choices: Pizza or Turkey, Cheese and Crackers

Meal Prices:

Breakfast: \$2.25 Lunch: \$3.40 Adult: \$4.80 Extra Milk: \$0.50

vvinter break

