



DECEMBER | 2021

P= item may include pork products
V= item is vegetarian

LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Tenders Dinner Roll Mini Peppers Diced Peaches White Milk	30 French Toast Sticks w/ Turkey Sausage Hash Brown Stars Apple Slices White Milk	1 Personal Pizza Cauliflower Raisels White Milk	2 Popcorn Chicken Dinner Roll Baked Beans Mandarin Oranges White Milk	3 Rotini and Meat Sauce Dinner Roll Broccoli Baked Cinnamon Apples White Milk
6 Chicken Nuggets Dinner Roll Baked Beans Diced Pears White Milk	7 Hamburger French Fries Applesauce White Milk	8 French Bread Pizza Carrots Craisins White Milk	9 Chicken Tenders Mac and Cheese Broccoli Mixed Fruit White Milk	10 Beef Teriyaki Dippers Dinner Roll Green Beans Pineapple Tidbits White Milk
13 Bosco Sticks Baked Beans Diced Peaches White Milk	14 Chicken Bites and Dutch Waffle with Strawberry Topping Sweet Potato Puffs Apple Slices White Milk	15 Pizza Slice Broccoli Raisels White Milk	16 Chicken Pot Pie Green Beans Mandarin Oranges White Milk	17 Pizza Crunchers w/ Marinara Sauce Corn Baked Cinnamon Apples White Milk

Build a Meal
Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich w/ Grain^V
- Grilled Cheese^V
- Chef Salad w/ grain

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.

WINTER BREAK