



DECEMBER | 2022

LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
²⁸ Teriyaki Dippers with a Dinner Roll Corn Fresh Fruit White Milk	²⁹ Tacos Refried Beans Fresh Fruit White Milk	³⁰ Mini Corn Dogs Mini Peppers Fresh Fruit Choice of Milk	¹ Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit White Milk	² Pizza Slice Cucumber Fresh Fruit White Milk
⁵ Hamburger Tater Tots Fresh Fruit White Milk	⁶ Mac and Cheese Chicken Tenders Baked Beans Fresh Fruit Choice of Milk	⁷ 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 Breaded Chicken Sandwich Broccoli Fresh Fruit Choice of Milk	¹³ French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	¹⁴ Chicken Nuggets French Fries Fresh Fruit White Milk	¹⁵ Popcorn Chicken w/ Biscuit Baked Beans Fresh Fruit Choice of Milk	¹⁶ Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit 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^V
- Salad Bar
- Assorted Sandwiches

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

Meal Prices:
Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50

Winter Break

