

1 % White and
Nonfat Chocolate Milk
offered Daily

DECEMBER 2022

NANWALEK SMALL SCHOOLS MENU

This institution is an
equal opportunity
provider.

Due to Product Availability menu items are subject to change.

Monday



Tuesday

Wednesday

Thursday

Friday

5
Grilled Cheese Sandwich
Green Beans
Strawberry Cup/ Peach Cup
Chilled Pears
Vegetable Tray (MD/HS)

6
Pizza
Steamed Broccoli
Mandarin Orange Cup
Apple Juice
Goldrush Juice Box (HS only)

7
Taco Snack
w/Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Fresh Fruit (MD/HS)

1
Breaded Cheese Sticks
With Marinara Sauce
Winter Mix Vegetables
Strawberry Cup
Apple Juice

2
Macaroni Cheese
Whole Wheat Roll (MD/HS)
Broccoli with Ranch
Mango Fruit Cup
Fresh Apple
Variety Fruit (MD/HS)

8
Popcorn Chicken
with Whole Wheat Roll
Mashed Potatoes & Gravy
Winter Mix Vegetables
Banana
Fresh Fruit (MD/HS)

9
Cheeseburger
offer Lettuce & Tomato
Tater Tots
Baby Carrots with Ranch
Mango Single Serve
Fresh Fruit (MD/HS)

12
Corn Pups
Crinkle Cut Fries
Diced Peaches
Mixed Berry Cup
Vegetable Tray (MD/HS)

13
Chicken Sandwich
offer Lettuce & Tomato
Baked Beans
Chilled Pears
Apple Juice
Vegetable Tray (MD/HS)

14
Tangerine Chicken
Fried Rice
Gold Rush Vegetable Drink
Mandarin Orange Cup
Fresh Fruit (MD/HS)

15
Breaded Cheese Sticks
With Marinara Sauce
Broccoli with Ranch
Applesauce Cup
Apple Juice

16
Macaroni Cheese
Whole Wheat Roll (MD/HS)
Green Beans
Celery Sticks
Apple
Variety Fruit (MD/HS)

19
Grilled Cheese Sandwich
Green Beans
Strawberry Cup
Chilled Pears
Fresh Baby Carrots

20
Pizza
Steamed Broccoli
Goldrush Juice Box
Mandarin Orange Cup
Apple Juice

21
Empanada
w/Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Fruit Cup (MD/HS)

22
Popcorn Chicken
with Whole Wheat Roll
Mashed Potatoes & Gravy
Winter Mix Vegetables
Mango Fruit Cup
Fruit Cup (MD/HS)

23
NO SCHOOL

26
HOLIDAY

27
Hot Dog
Baked Beans
Green Beans
Chilled Pears
Mandarin Orange Cup
Cookie

28
Corn Pups
Sweet Potato Fries
Goldrush Juice Box
Peaches
Applesauce Cup

29
Breaded Cheese Sticks
With Marinara Sauce
Steamed Broccoli
Mango Fruit Cup
Applesauce Cup

30
NO SCHOOL
INSERVICE