

Alief Montessori Community School

December 2022 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1 Oven Baked Chicken Mashed Potatoes Carrots Green Beans Wheat Bread Peaches Milk, 1% or Fat Free	Dec - 2 Grilled Cheese Sandwich Sweet Potato Fries Celery Sticks FRESH FRUIT Milk, 1% or Fat Free
Dec - 5 Chicken Nuggets Macaroni/Cheese Capri Vegetable Blend Corn Diced Pear cup Milk, 1% or Fat Free	Dec - 6 Chicken Alfredo Noodles Hot Roll Baked beans Green Beans Carrots Mixed Fruit Milk, 1% or Fat Free	Dec - 7 Cheese Burger French Fries Celery Sticks Peaches Milk, 1% or Fat Free	Dec - 8 Spaghetti/Turkey Hot Roll Mixed Salad Garbanzo Beans Mixed Fruit Milk, 1% or Fat Free	Dec - 9 Turkey/Cheese Sandwich Potato Tater Tots Baby Carrots FRESH FRUIT Milk, 1% or Fat Free
Dec - 12 Fish Sticks Macaroni/Cheese Broccoli Green Beans Diced Pear cup Milk, 1% or Fat Free	Dec - 13 BBQ Chicken Sandwich Sweet Potato Fries Baked Beans Peaches Milk, 1% or Fat Free	Dec - 14 Fajita Chicken Strips Spanish Rice Pinto Beans Corn Mixed Fruit Milk, 1% or Fat Free	Dec - 15 Chicken Sandwich French Fries Mixed Salad Peaches Milk, 1% or Fat Free	Dec - 16 Cheese Pizza Celery Sticks Baby Carrots FRESH FRUIT Milk, 1% or Fat Free
Dec - 19 Winter Break	Dec - 20 Winter Break	Dec - 21 Winter Break	Dec - 22 Winter Break	Dec - 23 Winter Break
Dec - 26 Winter Break	Dec - 27 Winter Break	Dec - 28 Winter Break	Dec - 29 Winter Break	Dec - 30 Winter Break

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient. * - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

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