
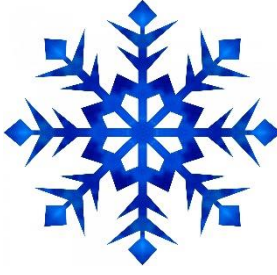


Alief Montessori Community School December 2023 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 Turkey Ham Egg Salad Sandwich Potato Tater Tots Cucumber Slices Fresh Fruit Milk, 1% or Fat Free
Dec - 4 Chicken Sandwich French Fries Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free	Dec - 5 Chicken Alfredo Noodles Capri Vegetable Blend Garbanzo Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Dec - 6 Chicken Chili Crispito Spanish Rice Corn Pinto Beans Sliced Peaches Milk, 1% or Fat Free	Dec - 7 Fish Sticks Macaroni/Cheese Normandy Vegetable Blend Mixed Fruit cup Milk, 1% or Fat Free	Dec - 8 Cheese Pizza Celery Sticks Baby Carrots Fresh Fruit Milk, 1% or Fat Free
Dec - 11 Cheese Burger French Fries Cucumber Slices Fresh Fruit Milk, 1% or Fat Free	Dec - 12 Chicken & Gravy Brown Rice Carrots Green Beans Hot Roll Sliced Peaches Milk, 1% or Fat Free	Dec - 13 Chicken/Cheese Quesadilla Spanish Rice Black beans Corn Mixed Fruit cup Milk, 1% or Fat Free	Dec - 14 Spaghetti/Turkey Garbanzo Beans Mixed Salad Garlic breadstick Strawberry Applesauce Milk, 1% or Fat Free	Dec - 15 Turkey/Cheese Sandwich Baby Carrots Celery Sticks Fresh Fruit Milk, 1% or Fat Free
Dec - 18 Chicken Nuggets Sweet Potato Fries Corn Hot Roll Fresh Fruit Milk, 1% or Fat Free	Dec - 19 Oven Baked Chicken Mashed Potatoes Cole Slaw Wheat Bread Sliced Peaches Milk, 1% or Fat Free	Dec - 20 Chicken Fajita Taco Spanish Rice Mixed Salad Refried Beans Mixed Fruit Milk, 1% or Fat Free Shredded Cheese	Dec - 21 Chicken & Veggie Lasagna Garbanzo Beans Cucumber Slices Sliced Peaches Garlic Breadstick Milk, 1% or Fat Free	Dec - 22 Cheese Pizza Celery Sticks Baby Carrots Fresh Fruit Milk, 1% or Fat Free
Dec - 25 Winter Break	Dec - 26 Winter Break	Dec - 27 Winter Break	Dec - 28 Winter Break	Dec - 29 Winter Break

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

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