

December 2021
 MA Region Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pasta with Meat Sauce Parmesan Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	Jerk Chicken Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	Teriyaki Chicken with Broccoli & Carrots Brown Rice Assorted Fruit Skim/1% Milk
Beef Hamburger on Whole Grain Bun Seasoned Carrots (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Roasted Potatoes Assorted Fruit Skim/1% Milk	Chicken Alfredo with Whole Grain Pasta Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Cheesy Breadstick with Marinara Sauce Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	Arroz Con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk
Cheese Pizza Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	BBQ Chicken Sandwich Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Turkey Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk	Sliced Turkey with Gravy Cornbread Green Beans & Sweet Potato Cassarole Assorted Fruit Skim/1% Milk	Chicken Parmesan with Pasta & Marinara Sauce Roasted Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk
Chicken Patty Sandwich Tater Tots (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Beef Hot Dog Butternut Squash (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Arroz Con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	Turkey & Cheese Sandwich Cucumber Coins (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	

This institution is an equal opportunity provider.

NOTE: Menu subject to change