

December 2021

Mid-Atlantic Regional Lunch Menu - High School



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jerk Chicken Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	Arroz con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Beef Hamburger on Whole Grain Bun Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Teriyaki Chicken with Broccoli & Carrots Brown Rice Assorted Fruit Skim/1% Milk
Turkey Bean Chili Combread / Brown Rice Assorted Fruit Skim/1% Milk	Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Chicken LoMein Assorted Fruit Skim/1% Milk	Hot Dog on Whole Grain Bun Seasoned Carrots K-8: 3/4 cup; 9-12: 1 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
Cheese Pizza Oven Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Build-your-own: Turkey Soft Tacos with Peppers, Onions, Salsa & Cheese Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk	Chicken Parmesan with Marinara Sauce with Whole Grain Pasta Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	Whole Grain Chicken Tenders Dinner Roll (9-12 only) Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Roasted Chicken with Gravy Combread Green Beans & Sweet Potato Casserole Assorted Fruit Skim/1% Milk
Chicken Patty Sandwich Tater Tots Assorted Fruit Skim/1% Milk	Arroz Con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk	Meatball Sub Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	Beef Hamburger on Whole Grain Bun Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Teriyaki Chicken with Broccoli & Carrots Brown Rice Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change