



# DECEMBER | 2022

## MIDDLE SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**28**  
Regular or Spicy Chicken Tenders, Corn Bread, Mashed Potatoes or Corn or Fresh Broccoli, Asst of Fruit, Milk

**29**  
Mini Corn Dogs, Wedges or Baby Carrots or Side Salad or Mexicali Corn, Asst. of Fruit, Milk

**30**  
Big Daddy's Pizza, Green Beans or Sliced Green Peppers or Spinach Salad, Asst. of Fruit, Milk

**1**  
Chicken Nuggets, Curly Fries or Side Salad or Candied Carrots or Sliced Cucumbers, Asst. of Fruit, Milk

**2**  
Chicken or Beef Tacos, Refried Beans or Cherry Tomatoes or Steamed Broccoli, Asst. of Fruit, Milk

**5**  
Mac & Cheese, Dinner Roll, Cherry Tomatoes or Green Beans or Fresh Broccoli, Asst. of Fruit, Milk

**6**  
Chili Cheese Dogs, Wedges or Side Salad or Baked Beans or Green Peppers, Asst. of Fruit, Milk

**7**  
Chicken Alfredo, Breadstick, Baby Carrots or Sliced Cucumbers or Corn, Asst. of Fruit, Milk

**8**  
Bosco Stick & Dipping Sauce, Side Salad or Celery Sticks or Steamed Broccoli, Asst. of Fruit, Milk

**9**  
Pancake Sausage Wrap, Potato Rounds or Baby Carrots or Sliced Cucumbers, Asst. of Fruit, Milk

**12**  
Hamburger/ Cheeseburger, Tater Tots or Baked Beans or Steamed Carrots, Asst. of Fruit, Milk

**13**  
Calzone, Steamed Broccoli or Side Salad or Green Peppers, Asst. of Fruit, Milk

**14**  
Grilled Cheese, Fries or Cherry Tomatoes or Celery Sticks or Green Beans, Asst. of Fruit, Milk

**15** Holiday Meal  
Turkey, Mashed Potatoes and Gravy, Dinner Roll, Corn or Sliced Cucumbers, Asst. of Fruit or Juice, Milk, Dessert

**16**  
Breaded Chicken Drumstick, Fries or Coleslaw or Green Beans, Asst. of Fruit, Milk

**19**  
Chicken Sandwich, Fries or Baked Beans or Broccoli & Cheese, Asst. of Fruit, Milk

**20**  
Chicken and Noodle, Dinner Roll, Baby Carrots or Side Salad or Corn, Asst. of Fruit, Milk

**21**  
French Bread Pizza, Spinach Salad or Sliced Cucumbers or Green Beans, Asst. of Fruit, Milk

**22**  
Pull Apart Bread & Dipping Sauce, Steamed Broccoli or Side Salad or Celery Sticks, Asst. of Fruit, Milk



### News

One Free Breakfast Available Daily

Lunch Price \$2.65

Grab and Go Lunches Will Be Available Daily Starting Dec 5th. Sub Sandwiches, Fresh Salad and Uncrustables

Fresh Fruit Daily

1% Milk or Non-Fat Flavored Milk  
Extra Milk \$.50

Applications for 22/23 Text Book/ Lunch Assistance Can Be Found on Our Website

Kankakee Valley School Food Service Department  
219-987-4711  
Ext: 1117