



DECEMBER | 2021

Institute of Technology and Academics

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29</p> <p>Pulled Pork Sandwich WG Bun French Fries Peas Apple Slices **Fresh Orange Chocolate Milk</p>	<p>30</p> <p>Macaroni and Cheese Ham slices Warmed Carrots WG Corn muffin Pears **Fresh Apple Chocolate Milk</p>	<p>1</p> <p>WG Pancake Egg Patty Turkey Sausage Syrup Garbanzo Beans Peaches **Fresh Pear Chocolate Milk</p>	<p>2</p> <p>Salisbury Steak Gravy Mashed Potatoes Green Beans Mixed Fruit **Fresh Peach Chocolate Milk</p>	<p>3</p> <p>Beef Bologna Sandwich On a WG Roll Corn 100% Juice **Fresh Banana Chocolate Milk</p>
<p>6</p> <p>WG Pepperoni Calzone with Marinara Apple Slices Peas **Fresh Orange Chocolate Milk</p>	<p>7</p> <p>WG French Toast sticks Sausage Patty Egg Patty Syrup Warmed Carrots Pears **Fresh Apple Chocolate Milk</p>	<p>8</p> <p>Chicken Nachos Lettuce and Cheese Black Beans Salsa Peaches **Fresh Pear Chocolate Milk</p>	<p>9</p> <p>WG Lasagna with meat sauce Garlic Bread Green Beans Mixed Fruit **Fresh Peach Chocolate Milk</p>	<p>10</p> <p>Chicken Nuggets Sweet Potato Fries Corn 100% Juice **Fresh Banana Chocolate Milk</p>
<p>13</p> <p>Grilled Chicken Sandwich WG Bun French Fries Peas Apple Slices **Fresh Orange Chocolate Milk</p>	<p>14</p> <p>Turkey Mashed Potatoes WG Dinner Roll Gravy Warmed Carrots Pears **Fresh Apple Chocolate Milk</p>	<p>15</p> <p>Hot Dog with WG bun Potato Wedges Baked Beans Peaches **Fresh Pear Chocolate Milk</p>	<p>16</p> <p>WG Chicken Alfredo Garlic Bread Green Beans Mixed Fruit **Fresh Peach Chocolate Milk</p>	<p>17</p> <p>Pizza Corn 100% Juice **Fresh Banana Chocolate Milk</p>
<p>20</p> <p>WG Meatball Subs with Marinara Apple Slices Peas **Fresh Orange Chocolate Milk</p>	<p>21</p> <p>Breaded Chicken WG Bun Potato Wedges Warmed Carrots Pears **Fresh Apple Chocolate Milk</p>	<p>22</p> <p>Chicken Tacos Lettuce and cheese Black Beans Salsa Peaches **Fresh Pear Chocolate Milk</p>	<p>23</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>



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Breakfast includes choice of WG pastry, Breakfast Bar, or Cereal with additional Grain. Served with 100% Fruit Juice and 1% White Milk

Holiday Break