

Unkhanhock High School December 2018 Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday



Questions or Comment?
Please call Jackie at
836-8268.

MENU SUBJECT TO CHANGE

Lunch \$2.90
Breakfast \$1.80
Milk \$.50



What is a Meal?
You must choose 3 of 5
Components offered.
(Minimum of 1/2 cup of
Vegetable or fruit must
Taken daily.)
Choices:
Meat or Meat Alternative
Grain
Vegetable
Fruit
Milk

Choice of Milk served
Daily
(1% & Skim White & Fat
Free Flavored)
Fresh Fruit Variety &
100% Juice Served Daily
(Apple, oranges, Bananas
and Seasonal Fruit)



3 **Chicken Fryz**
WW Roll
Mashed Potato & Gravy
Green Beans
Assorted Fruit

4 **Bacon Cheeseburger**
On a bun
Baked Fries
Baked Beans
Chilled Peaches

5 **Chicken Nacho Salad**
(Nacho Rounds, lettuce &
Tomato, Seasoned
Chicken, & Cheese)
Steamed Corn
Apple Crisp w/ topping

6 **French Toast Sticks**
W/ Syrup
Sausage Patty
Tater Tot
Applesauce

7 **Bosco Cheese Sticks**
w/ Marinara Sauce
Salad w/ House Dressing
Mixed Fruit

10 **Tiger Bowl**
Popcorn Chicken
Mashed Potatoes, Corn
Topped w/ Gravy &
Cheese
Whole Wheat Roll
Mixed Fruit

11 **Nacho Grande**
Tortilla Rounds
W/ Taco Meat
Cheese, Lettuce & Tomato
Refried Beans
Chilled Peaches

12 **Buffalo Chicken Hoagie**
Celery Sticks w/ Blue
Cheese
Tater Tots
Pineapple Tidbits

13 **Christmas Dinner**
**Roasted Turkey &
Stuffing**
Mashed Potato & Gravy
Sweet Potatoes
Corn
Assorted Fruit
Ice Cream Treat

14 **Pretzel Bun Melt**
Tomato Soup
Pickle Spear
Assorted Fruit

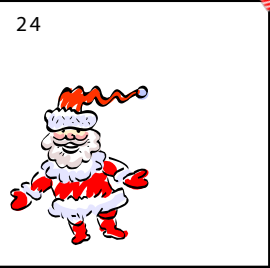
17 **Mrs T Pierogies**
W/ Onion & Butter
Broccoli w/ choice of
Cheese Sauce
Chilled Peaches

18 **Two For Tuesday**
Hot Dogs on a Bun
w/ Chili & Cheese
Baked Beans
Baked Fries
Mixed Fruit

19 **Rotini w/ Meatballs**
Garlic Bread
**Tossed Salad w/ House
Dressing**
Spice Cake

20 **Pulled Pork BBQ**
On a bun
Pickle
Tater Tots
Strawberry Cup

21 **Buffalo Chicken Pizza**
Baked Fries
Assorted Fruit



24
25
26
27
28
The Cafeteria Staff
would like to wish
everyone a
Happy & Safe
Christmas and New Year



Salad Bar Served Daily

Assorted Sandwiches Made Fresh Daily