



DECEMBER | 2020

Whiteoak High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 <u>Sausage Gravy & Biscuits</u> Walking Tacos Lettuce Cheese Refined Beans Veggies Fruit Milk	2 <u>Bagel/Cream Cheese</u> Cheeseburger on Bun w/Pickles Waffle Fries Veggie Bag/Ranch Fruit Milk	3 <u>Egg Omelet Sandwich</u> Personal Pan Pizza Spring Mix & Ranch Dressing Cocoa Bar Carrots/Ranch Fruit Milk	4 <u>Doughnut</u> Hot Dog on Bun Baked Fries Baked Beans Carrots/Ranch Fruit Milk
7 <u>Muffin</u> Chicken Patty On Bun Steamed Broccoli Baked Fries Fruit Milk	8 <u>Sausage Gravy & Biscuit</u> Chili PB & Jelly Crackers Veggie Bag/Ranch Fruit Milk	9 <u>Breakfast Pizza</u> Sausage Egg on Bun Cheese Hash Brown Orange Juice Milk	10 <u>Pancakes</u> Giovanni's Pizza Green Beans Veggie Bag Cocoa Bar Fruit Milk	11 <u>Yeast Doughnut</u> Coney Dog Sun Chips Baked Beans Carrots/Ranch Fruit Milk
14 <u>French Toast Stick</u> Chicken Nuggets Mozzarella Cheese Sticks Steamed Broccoli & Roll Veggie Bag/Ranch Fruit Milk	15 <u>Sausage Gravy & Biscuit</u> Chicken Fajita w/ Soft Tortilla Shell Cheese Lettuce Salsa Refried Beans Veggie Bag Fruit Milk	16 <u>Bagel/Cream Cheese</u> Turkey Mashed Potatoes & Gravy Green Beans Pumpkin Pie & Topping Dinner Roll Fruit Milk	17 <u>Doughnuts</u> French Bread Pizza Corn Cocoa Bar Veggie Bag Fruit Milk	18
21	22	23	24	25 Have A Very Merry Christmas
28	29	30	31	1

We offer white, chocolate and strawberry milk. Extra milk is .40. Students must pay for additional milk even if they are on the free or reduced program. We offer whole grain products. Condiments & carrots are available daily. [New National School Lunch Program Meal Pattern Information](#)

The National School Lunch Program (NSLP) offers 5 meal components daily. The daily components will consist of whole grains, meat/meat alternative, vegetable, fruit, and fluid milk. Each student may take all 5 components or as little as 3 components to receive a reimbursable meal. If a student chooses to take only 3 components one MUST be a fruit or a vegetable.

Breakfast

Choice of One Served w/Fruit & Milk

Hot Menu as listed below or

WG Bar & Cheese Stick or

Cereal & Graham Cracker

Monday- French Toast Sticks

Tuesday- Sausage Gravy & Biscuit

Wednesday- Bagels/Cream Cheese

Thursday- Egg Omelet Sandwich

Friday- Yeast Doughnut

Monday- Fruit Muffin

Tuesday- Sausage Gravy & Biscuit

Wednesday- Breakfast Pizza

Thursday- Pancake or Waffle

Friday- Doughnut

Students may charge up to \$10.00 on their lunch accounts. Parents will be notified by phone when students have exceeded the charge limit.