



Black Bears Lunchpad Middle School Menu

December 2024

Fresh Baby carrots, celery sticks, and sliced cucumbers offered at

MONDAY

Offered Daily at Breakfast
 PB&J Packs
 Assorted Frudels & Muffins
 Variety of Cold Cereals & pop tarts
 Fruit & Yogurt parfait with granola
 Fresh Fruit
 100% Juice

TUESDAY

Offered Daily at Lunch
 WG Bosco Sticks
 WG chicken Patty
 WG Cheese/Pep Pizza
 Assorted Wheat Wraps
 Assorted Salads**
 Fruit & Yogurt Parfait with Granola
 WG Nachos
 WG Dinner Roll

WEDNESDAY

In case you didn't know.
 We are a free district!
 Every student is entitled to one free breakfast and one free lunch everyday!

THURSDAY

Adult Prices:
 Breakfast: \$3.75
 Lunch: \$6.00
 Adult meals are subject to tax

FRIDAY

Now Hiring!!
 Food Service is Hiring!
Work While Kids are in School
Great Benefits
 Apply online @ www.aramark.com

<p>BKFST: Cheese Omelet With Hashbrown 2</p> <p>Lunch entrée: Buffalo Chicken Nacho Side: Black bean salsa Veg: Cherry Tomatoes Fruit: Mixed fruit cup</p>	<p>BKFST: Ham*, egg, & cheese Sandwich on WG bagel 3</p> <p>Lunch entrée: General Tso's Chicken Side: Steamed Rice Veg: Broccoli Fruit: Diced pineapple</p>	<p>BKFST: Whole grain pancakes Chicken sausage 4</p> <p>Lunch entrée: Macaroni & Cheese Side: Cornbread Veg: Broccoli Fruit: Diced peaches</p>	<p>BKFST: French toast sticks Tater tots 5</p> <p>Lunch entrée: Popcorn Chicken bowl Side: Mashed Potatoes Veg: Corn Fruit: Applesauce Cup</p>	<p>BKFST: Chicken Sausage, cheese & egg on a whole grain English muffin 6</p> <p>Lunch entrée: Bacon* Chicken Ranch Pizza Side: Caesar Side Salad Veg: Roasted Zucchini Fruit: Diced Pears</p>
<p>BKFST: Cinnamon Oat Breakfast oat cookie 9</p> <p>Lunch entrée: Jalepeno Cheddar burger Side: French Fries Veg: Black Beans Fruit: Diced peaches</p>	<p>BKFST: Western Omelet 10</p> <p>Lunch entrée: Pasta & Meatballs* Side: Steamed Carrots Veg: Fresh broccoli with ranch Fruit: Diced pears</p>	<p>BKFST: Breakfast Pizza* with Tater tots 11</p> <p>Lunch entrée: Pizza Crunchers Side: Marinara Sauce Veg: Sweet potato fries Fruit: Diced pineapple</p>	<p>BKFST: Whole grain pancake wrapped chicken sausage 12</p> <p>Lunch entrée: Walking Taco Bar Side: Salsa & sour cream Veg: Corn Fruit: Applesauce cup</p>	<p>BKFST: Chicken sausage, egg & potato boat 13</p> <p>Lunch entrée: BBQ Chicken Pizza Side: Garden Salad Veg: Fresh cauliflower with ranch Fruit:</p>
<p>BKFST: Breakfast Burrito 16</p> <p>Lunch entrée: BBQ pulled pork* Nachos Side: Salsa & sour cream Veg: Green Beans Fruit: Diced pineapple</p>	<p>BKFST: Whole grain French toast Bacon 17</p> <p>Lunch entrée: Buffalo Chicken Dip Side: Whole grain Toastios Veg: Red Pepper strips Fruit: Diced peaches</p>	<p>BKFST: Whole grain pancakes Chicken Sausage 18</p> <p>Lunch entrée: Sloppy joes Side: French Fries Veg: Buttered corn Fruit: Diced pears</p>	<p>BKFST: Ham*, egg, & cheese On a Whole grain biscuit 19</p> <p>Lunch entrée: Build your own burger bar Side: Lettuce, tomato, & onion Veg: Steamed Carrots Fruit: Mixed fruit cup</p>	<p>BKFST: Whole grain waffles Chicken Sausage 20</p> <p>Lunch entrée: Veggie lovers pizza Side: Spinach side salad Veg: Mediterranean chick peas Fruit: Applesauce cup</p>

Happy Holiday!
Have a great New Year!

See you in 2025!!

Choice of Skim milk, nonfat chocolate or Lactaid milk at every meal.

****All salads can be made vegetarian**

* These menu items contain pork