

Menu Name : Great Oaks Academy (School of Grammar K-5) Hot Lunch						Meal Pattern : NSLP		Meal: Hot Lunch		
No Dairy No Gluten (No Wheat) No Egg No Soy No sesame No Fish No peanuts No tree nuts										
No Shell Fish No Sunflowers (seed, oil & butte										
December - 2025										
Hot Lunch	Monday, December 01, 2025		Tuesday, December 02, 2025		Wednesday, December 03, 2025		Thursday, December 04, 2025		Friday, December 05, 2025	
	No School/Inservice Day		Chicken Sukkhar		Beef Fried Rice		Spice Rubbed Chicken Fillet		Beef Taco Meat Over Rice	
			Steamed Rice		Fresh Broccoli		Steamed Rice		Serve seasoned Beef on Brown Rice	
			Fruit of the day		Fruit of the day		Baby Carrots		Fruit of the day & corn chips	
			Steamed Green Beans		Choice of Milk		Fruit of the day		Choice of milk	
							Choice of Milk			
Hot Lunch	Monday, December 08, 2025		Tuesday, December 09, 2025		Wednesday, December 10, 2025		Thursday, December 11, 2025		Friday, December 12, 2025	
	Chicken Supreme		Beef Nacho		Marinated Grilled Chicken Fillet		Chicken Pilaf		Beef & Potatoes	
	Steamed Rice		Taco Beef & Golden Corn Chips		Brown Rice		Crisp Broccoli		Steamed Rice	
	Steamed Green Beans		Black bean and Corn		Fresh Baby Carrots		Fruit of the day		Steamed Peas	
	Fruit of the day		Fruit of the day		Fruit of the day				Fruit of the day	
	Choice of Milk		Choice Milk		Choice of Milk		Choice of Milk at Checkout		Choice of milk	
Hot Lunch	Monday, December 15, 2025		Tuesday, December 16, 2025		Wednesday, December 17, 2025		Thursday, December 18, 2025		Friday, December 19, 2025	
	Chicken Fried Rice		Beef & Broccoli		Chicken Fajita w/ Rice		Beef Meatballs		Chicken & Potatoes	
	Steamed Broccoli		Brown Rice		Seasoned Chicken & Peppers		Brown Rice		Steamed Rice	
	Fruit of the day		Steamed Corn		Served w/ Brown Rice		Steamed Carrots & Peas		Fresh Carrot slims	
	Choice of Milk		Fruit of the day		Black Beans		Fruit of the day		Fruit of the day	
			Choice of Milk		Choice milk		Choice of Milk		Choice milk	
Hot Lunch	Monday, December 22, 2025		Tuesday, December 23, 2025		Wednesday, December 24, 2025		Thursday, December 25, 2025		Friday, December 26, 2025	
	No School		No School		No School		Winter Break		No School	
Hot Lunch										
	What is a healthy portion size of meat according to the USDA?								The USDA promotes portion control through the MyPlate guidelines,	
	Meats (each counts as 1 serving): 2 to 3 ounces cooked lean beef, pork, veal, or lamb without bone. 2 to 3 ounces cooked poultry without skin or bone. 2 to 3 ounces cooked fish without bone.								which recommend making half your plate fruits and vegetables.	
									It also emphasizes controlling portions at restaurants, reading food	
									for serving sizes, and using measuring cups and serving utensils	
									to ensure consistent and appropriate amounts.	