

Menu Name : Great Oaks Academy (School of Logic 5th - 8th grade) 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		Meal Pattern : NSLP
					Meal: Hot Lunch
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		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.	