Level / Age Group: 5-8th Manu subject to change vi	ithout notice due to substitutions/weather ***Please Review Lunch Inclement weather policy online***	December 000F	Meal Pattern: NSLP	Meal: Hot Lunch
Monday, December 01, 2025	Tuesday, December 02, 2025	December - 2025 Wednesday, December 03, 2025	Thursday December 04 2025	Friday, December 05, 2025
No School/Inservice Day	HV Grilled Cheese	All Beef Hot Dog	Thursday, December 04, 2025 Asian Chicken Noodle Bowl	Pizza Crunchers
	Baby Carrots, Cucumbers & Dip		Sesame Chicken on Mongolian Noodles	Sliced Cucumbers & dip
	Fresh Orange	Hot dog Bun, Ketchup	Crisp Broccoli w/ dip	Fresh Cut Apple Wedges
	Choice Milk at Checkout	Steamed Corn & Cucumbers	Fresh Honey dew Melon Chunks	Choice of Milk at Checkout
		Bananas and Choice of Milk Cheetos	Choice of Milk at checkout	
Monday, December 08, 2025	Tuesday, December 09, 2025	Wednesday, December 10, 2025	Thursday, December 11, 2025	Friday, December 12, 2025
HV CHZ Breadsticksw/ Italian	HV Mac 'n Cheese bites	Chef's Choice Corn dog	Beef Taco	Cheesy Lasagna
Dip				
Italian Dip	Ranch Dressing	Veggie of the day	Seasoned Beef Taco, WG tortilla Shred Lettuce, Shred Cheddar cheese &	Paired with Chopped Italian Salad
Carrots & Celery	Mashed Potatoes	Fruit of the day	Mild salsa	Fresh cup apple wedges
Fruit cup	Fresh Orange	Choice of Milk	Cheesy refried beans	Romaine, Shred carrtos & grape tomatoes
Choice Milk	Choice Milk		Choice of Milk at Checkout	Choice of milk
Monday, December 15, 2025	Tuesday, December 16, 2025	Wednesday, December 17, 2025	Thursday, December 18, 2025	Friday, December 19, 2025
Roasted Chicken Drumstick	HV Grilled Cheese	Hot Italian Meatball Sub	Sweet & Sour chicken	Chef's choice Cold Sack lunch
Hearty Dinner Roll w/ Butter	Baby Carrots w/dip	Marinara Meatballs, WG sub, Mozzarella Cheese (served seperately)	Steamed Seasoned Rice	Fruit of the day
Mashed Potatoes	Fresh orange	Garden Greens w/ ranch dressing	Crisp Broccoli	Veggie of the day
Celery sticks		Banana	Fresh Honeydew Melon Chunks	
Fruit cup & choice Milk	Choice of Milk at checkout	Choice milk	Choice of Milk	Choice milk
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
What is a healthy portion size of meat according to the	USDA?			The USDA promotes portion control through the MyPlate guideline
		oked poultry without skin or bone. 2 to 3 ounces cooked fish v	vithout 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