

Menu Name : Great Oaks Academy (School of Grammar K-5) Hot Lunch					Grade Level / Age Group : 9th -12th Grade		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		Buttermilk Pancakes & Colby Cheese Omelet		All Beef Hot Dog		HV French Bread Pizza		Pizza Crunchers	
			Syrup PC		Hot dog Bun, Ketchup & Mustard		Crisp Broccoli w/ dip		Rotini Ranch Pasta	
			Fresh baby Carrots		Steamed Corn & Cucumbers		Fresh Honey Dew Chunks		Carrots, Cucumber slices & Dip	
			Crisp Celery & Fresh Orange		Bananas and Choice of Milk		Fruit Juice		Fresh Large Apple	
			Choice of Milk at Checkout		Flamas		Choice of Milk at checkout		Choice of Milk at Checkout	
Hot Lunch	Monday, December 08, 2025		Tuesday, December 09, 2025		Wednesday, December 10, 2025		Thursday, December 11, 2025		Friday, December 12, 2025	
	Twin Faves Day		Swedish Meatballs		Chef's Choice Corn Dogs		Beef Taco		Cheesy Lasagna	
	Chicken Nuggets w/ Ketchup		WG Roll		Veggie of the day		Seasoned Beef Taco, WG tortilla		Chopped Italian Salad	
	Mac & Cheese & WG Roll		Mashed Potatoes		Fruit of the day		Shred lettuce, shred Cheddar & hot sauce		Mix or Match dip	
	Celery & Carrots		Fresh orange and Fruit Juice		Choice of Milk		Cheesy Refried Beans		Ranch dressing & Italian dressings	
	Choice Milk		Choice Milk				Fresh Honey dew chunks, fruit juice & choice milk		Fresh Large apple & choice milk	
Hot Lunch	Monday, December 15, 2025		Tuesday, December 16, 2025		Wednesday, December 17, 2025		Thursday, December 18, 2025		Friday, December 19, 2025	
	Breaded 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		Fruit Juice		Bananas		Fresh Honeydew Melon Chunks		Choice milk	
	Fruit cup, Fruit juice & choice Milk		Choice of Milk at checkout		Choice milk		Choice of 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									The USDA promotes portion control through the MyPlate guidelines,	
	What is a healthy portion size of meat according to the USDA?								which recommend making half your plate fruits and vegetables.	
	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.								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.	