



DECEMBER 2021 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL

OFFER VS. SERVE:

CAFETERIA MUST OFFER ALL 5 MEAL COMPONENTS:

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE & AT LEAST 2 OTHER COMPONENTS (TOTAL OF 3)
 STUDENTS MAY CHOOSE UP TO ALL 5 COMPONENTS. 9-12 GRADES MAY CHOOSE 2 FRUITS & 2 VEGETABLES
 SALAD BAR WITH GRILLED CHICKEN, PBJ, OR YOGURT/CHEESESTICK LUNCH AVAILABLE EVERY DAY
 MENU SUBJECT TO CHANGE

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|
| | | <i>DEC 1</i> <i>Breakfast for lunch Bacon, egg and cheese sandwich Sweet potato fries Fruit M-Fat free choc, % or skim</i> | <i>DEC 2</i> <i>Hamb/cheeseburger Whole grain bun FF, pickles Fresh fruit M-Fat free choc, 1% or skim</i> | <i>DEC 3</i> <i>Cheese or pepperoni pizza Whole grain crust Crunchy carrot sticks Fruit M-fat free, 1% or fat free choc</i> |
| <i>DEC. 6</i> <i>Popcorn chicken Whole grain roll FF Fresh fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 7</i> <i>Turkey potpie Homemade biscuit Carrots/ peas Fresh fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 8</i> <i>Chili with beans and cheese Whole grain corn muffin Fresh fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 9</i> <i>SUPERINTENDENTS CONFERENCE DAY NO STUDENTS</i> | <i>DEC. 10</i> <i>Herb roasted chicken Whole grain roll Baked potato with butter Fruit M-Fat free choc, 1% or skim</i> |
| <i>DEC. 13</i> <i>Hot dog/chili dog Whole grain bun Baked beans Fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 14</i> <i>Grilled Cheese Whole grain bread Chicken noodle soup With veggies Fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 15</i> <i>Spaghetti with meat sauce Whole grain roll Crisp Romaine salad Fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 16</i> <i>Chicken nachos with cheese Whole grain tortillas Fiesta black beans Fruit M-Fat free choc, 1% or skim</i> | <i>DEC. 17</i> <i>Cheese pizza Whole grain crust Carrot/celery sticks Fruit M-Fat free choc, 1% or skim</i> |
| <i>DEC. 20</i> <i>Chicken sandwich with BBQ, hot sauce or Ranch Whole grain bun Sunchips Fresh fruit M-Fat free choc., 1% or skim</i> | <i>DEC. 21</i> <i><u>Christmas Lunch</u> Scalloped potatoes with ham Steamed broccoli Whole grain roll Fruit Treat M- Fat free choc, 1% or skim</i> | <i>DEC. 22</i> <i>Chefs choice Whole grain roll Vegetables Fruit M- Fat free choc, 1% or skim</i> |  <i>NO SCHOOL CHRISTMAS VACATION</i> | <i>DEC. 24</i> <i>NO SCHOOL CHRISTMAS VACATION</i> |