



DECEMBER | 2022

Bearcat Lunch K-12th Grade

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28
 Carb Counts: # by food item.
 K-4: first # is K-4,
 second # is 5-12.
 5-12: first is 5th,
 second is 6-12.
 Milk: Choc-20 Straw-19 Wh-13

29
Fruit- Fresh
 Apple-19 Orange-21
 Banana-27 Pear-22
 Grapes-25 Melons-9
Fruit-Canned
 Peaches-14 Pears-16
 Pineapple-19 Juice-15
 Applesauce-20 Craisins-27
 Blueberries-11 Raisins-27
Fruit- Frozen
 Frozen Slush Cups/Pouches-25
 Frozen Strawberry or Peach Cup-20



1
 K-12: French Toast-45
 Sausage Link-0
 Smiley Fries-30/40
 Fruit/Milk
 5-12: Or Breakfast Pizza-36/48

2
 K-12: Chicken Tenders-16
 Sweet Potato Bites-22
 Fresh Veggie Mix-4/6 Dip-2
 K-4: Celebration Bar-23
 5-12: Biscuit-24
 Fruit/Milk

5
 K-12: Super Nachos
 (beef-5, cheese-1, chips 27/37)
 Salsa-2/3 Sour Cream-1
 Cheesy Refried Beans-31
 Fruit/Milk
 5-12: Or Cheese Quesadilla Pizza-39

6
 K-12: Cheeseburger-2
 Sandwich-23/25
 French Fries-20
 Broccoli-4/6 Dip-2
 Fruit/Milk
 5-12: Or Pizza

7
 K-12 Pizza-33/35
 Green Beans-4
 Carrots-4/6 Dip-2
 Fruit/Milk
 5-12: BBQ Pork-17 Sandwich-25

8
 K-12: Cinnamon Roll-40
 Sausage Link-0
 Potato Bites-25
 100% Sun Sip Juice-15
 Fruit/Milk
 5-12: Or Breakfast Pizza-36/48

9
 K-4: Popcorn Chicken-20
 Cheesy Mashed Potatoes-22
 Broccoli-4 Dip-2
 Sweet Roll-31 Fruit/Milk
 5-12: Popcorn Chicken Bowl
 (chicken-20, potatoes-21, gravy-3 corn-28)
 Sweet Roll-31
 Fruit/Milk

12
 K-12: Breaded Chicken Patty-13
 Sandwich-23/25
 Broccoli-6 w/Cheese-1
 Carrots 4/6 Dip-2
 Fruit/Milk
 5-12: Or Orange Chicken Bowl
 (Chicken-20, Rice-18, Broccoli-6)
 Carrots-6 Dip-2
 9-12: Giant Goldfish Grahams-19

13
 K-12: Sloppy Joe-10
 Sandwich-23/25
 Corn-28
 Carrots-4/6 Dip-2
 Fruit/Milk
 5-12: Pizza-35

14
 K-4: Pizza Bagel-24
 Green Beans-6
 Fruit/Milk
 5-12: Pizza-35
 Green Beans-4
 Carrots-6 Dip-2
 Fruit/Milk

15
 K-12: French Toast-45
 Eggs & Cheese-2
 Smiley Fries-30/40
 Fruit/Milk
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16
 K-12: Doritos Taco Salad
 (meat-5 lettuce-2 cheese-1 chips-20)
 Salsa-3 Black Beans Topping-23
 Sour Cream-1
 Fruit/Milk
 Gingerbread Cookie-23
 5-12: Or Taco Stick-32

19
 K-12: Chicken Tenders-16
 Macaroni Cheese-17
 Sun Sip Juice-15
 Broccoli-4/6
 Fruit/Milk

20
 K-4: Hot Dog-2 Sandwich-25
 Baked Beans-22
 Carrots-4/6 Dip-2
 Fruit/Milk
 5-12: Hot Dog-2 Sandwich-25
 w/Topping-5 or BBQ Rib-13
 Sandwich-25

21
 K-12: Pizza -33/35
 Choice of 2 Veggies
 Choice of 2 Fruits
 Holiday Cookie-23
 Mini Ice Cream Cup-10
 Milk



K-4: \$2.70 **5-12:** \$3.00
Reduced: \$.40 **Milk:** \$.75

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 Choice of 2 Fruits
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 Milk



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 Smiley Fries-30/40
 Fruit/Milk
5-12: Or Breakfast Pizza-36/48

16
K-12: Doritos Taco Salad
 (meat-5 lettuce-2 cheese-1 chips-20)
 Salsa-3 Black Beans Topping-23
 Sour Cream-1
 Fruit/Milk
 Gingerbread Cookie-23
5-12: Or Taco Stick-32

19
K-12: Chicken Tenders-16
 Macaroni Cheese-17
 Sun Sip Juice-15
 Broccoli-4/6
 Fruit/Milk

20
K-4: Hot Dog-2 Sandwich-25
 Baked Beans-22
 Carrots-4/6 Dip-2
 Fruit/Milk
5-12: Hot Dog-2 Sandwich-25
 w/Topping-5 or BBQ Rib-13
 Sandwich-25

21
K-12: Pizza -33/35
 Choice of 2 Veggies
 Choice of 2 Fruits
 Holiday Cookie-23
 Mini Ice Cream Cup-10
 Milk



K-4: \$2.70 **5-12:** \$3.00
Reduced: \$.40 **Milk:** \$.75

K-12: PB&J entrée choice offered daily. This will include the daily veggie & fruit.

5-12: Popcorn Chicken Salad w/Ranch offered Daily

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DECEMBER | 2022

Bearcat Lunch K-12th Grade

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28
 Carb Counts: # by food item.
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 second # is 5-12.
5-12: first is 5th,
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Fruit-Fresh
 Apple-19 Orange-21
 Banana-27 Pear-22
 Grapes-25 Melons-9
Fruit-Canned
 Peaches-14 Pears-16
 Pineapple-19 Juice-15
 Applesauce-20 Craisins-27
 Blueberries-11 Raisins-27
Fruit-Frozen
 Frozen Slush Cups/Pouches-25
 Frozen Strawberry or Peach Cup-20



1
K-12: French Toast-45
 Sausage Link-0
 Smiley Fries-30/40
 Fruit/Milk
5-12: Or Breakfast Pizza-36/48

2
K-12: Chicken Tenders-16
 Sweet Potato Bites-22
 Fresh Veggie Mix-4/6 Dip-2
K-4: Celebration Bar-23
5-12: Biscuit-24
 Fruit/Milk

5
K-12: Super Nachos
 (beef-5, cheese-1, chips 27/37)
 Salsa-2/3 Sour Cream-1
 Cheesy Refried Beans-31
 Fruit/Milk
5-12: Or Cheese Quesadilla Pizza-39

6
K-12: Cheeseburger-2
 Sandwich-23/25
 French Fries-20
 Broccoli-4/6 Dip-2
 Fruit/Milk
5-12: Or Pizza

7
K-12: Pizza-33/35
 Green Beans-4
 Carrots-4/6 Dip-2
 Fruit/Milk
5-12: BBQ Pork-17 Sandwich-25

8
K-12: Cinnamon Roll-40
 Sausage Link-0
 Potato Bites-25
 100% Sun Sip Juice-15
 Fruit/Milk
5-12: Or Breakfast Pizza-36/48

9
K-4: Popcorn Chicken-20
 Cheesy Mashed Potatoes-22
 Broccoli-4 Dip-2
 Sweet Roll-31 Fruit/Milk
5-12: Popcorn Chicken Bowl
 (chicken-20, potatoes-21, gravy-3 corn-28)
 Sweet Roll-31
 Fruit/Milk

12
K-12: Breaded Chicken Patty-13
 Sandwich-23/25
 Broccoli-6 w/Cheese-1
 Carrots 4/6 Dip-2
 Fruit/Milk
5-12: Or Orange Chicken Bowl
 (Chicken-20, Rice-18, Broccoli-6)
 Carrots-6 Dip-2
9-12: Giant Goldfish Grahams-19

13
K-12: Sloppy Joe-10
 Sandwich-23/25
 Corn-28
 Carrots-4/6 Dip-2
 Fruit/Milk
5-12: Pizza-35

14
K-4: Pizza Bagel-24
 Green Beans-6
 Fruit/Milk
5-12: Pizza-35
 Green Beans-4
 Carrots-6 Dip-2
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5-12: Or Taco Stick-32

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 Sun Sip Juice-15
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 Sandwich-25

21
K-12: Pizza -33/35
 Choice of 2 Veggies
 Choice of 2 Fruits
 Holiday Cookie-23
 Mini Ice Cream Cup-10
 Milk



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K-12: Pizza-33/35
 Green Beans-4
 Carrots-4/6 Dip-2
 Fruit/Milk
5-12: BBQ Pork-17 Sandwich-25

8
K-12: Cinnamon Roll-40
 Sausage Link-0
 Potato Bites-25
 100% Sun Sip Juice-15
 Fruit/Milk
5-12: Or Breakfast Pizza-36/48

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 Broccoli-4 Dip-2
 Sweet Roll-31 Fruit/Milk
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K-12: Sloppy Joe-10
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 Holiday Cookie-23
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 Milk



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MONDAY

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DECEMBER | 2022

Bearcat Lunch K-12th Grade

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 Fruit/Milk

5
 K-12: Super Nachos
 (beef-5, cheese-1, chips 27/37)
 Salsa-2/3 Sour Cream-1
 Cheesy Refried Beans-31
 Fruit/Milk
 5-12: Or Cheese Quesadilla Pizza-39

6
 K-12: Cheeseburger-2
 Sandwich-23/25
 French Fries-20
 Broccoli-4/6 Dip-2
 Fruit/Milk
 5-12: Or Pizza

7
 K-12 Pizza-33/35
 Green Beans-4
 Carrots-4/6 Dip-2
 Fruit/Milk
 5-12: BBQ Pork-17 Sandwich-25

8
 K-12: Cinnamon Roll-40
 Sausage Link-0
 Potato Bites-25
 100% Sun Sip Juice-15
 Fruit/Milk
 5-12: Or Breakfast Pizza-36/48

9
 K-4: Popcorn Chicken-20
 Cheesy Mashed Potatoes-22
 Broccoli-4 Dip-2
 Sweet Roll-31 Fruit/Milk
 5-12: Popcorn Chicken Bowl
 (chicken-20, potatoes-21, gravy-3 corn-28)
 Sweet Roll-31
 Fruit/Milk

12
 K-12: Breaded Chicken Patty-13
 Sandwich-23/25
 Broccoli-6 w/Cheese-1
 Carrots 4/6 Dip-2
 Fruit/Milk
 5-12: Or Orange Chicken Bowl
 (Chicken-20, Rice-18, Broccoli-6)
 Carrots-6 Dip-2
 9-12: Giant Goldfish Grahams-19

13
 K-12: Sloppy Joe-10
 Sandwich-23/25
 Corn-28
 Carrots-4/6 Dip-2
 Fruit/Milk
 5-12: Pizza-35

14
 K-4: Pizza Bagel-24
 Green Beans-6
 Fruit/Milk
 5-12: Pizza-35
 Green Beans-4
 Carrots-6 Dip-2
 Fruit/Milk

15
 K-12: French Toast-45
 Eggs & Cheese-2
 Smiley Fries-30/40
 Fruit/Milk
 5-12: Or Breakfast Pizza-36/48

16
 K-12: Doritos Taco Salad
 (meat-5 lettuce-2 cheese-1 chips-20)
 Salsa-3 Black Beans Topping-23
 Sour Cream-1
 Fruit/Milk
 Gingerbread Cookie-23
 5-12: Or Taco Stick-32

19
 K-12: Chicken Tenders-16
 Macaroni Cheese-17
 Sun Sip Juice-15
 Broccoli-4/6
 Fruit/Milk

20
 K-4: Hot Dog-2 Sandwich-25
 Baked Beans-22
 Carrots-4/6 Dip-2
 Fruit/Milk
 5-12: Hot Dog-2 Sandwich-25
 w/Topping-5 or BBQ Rib-13
 Sandwich-25

21
 K-12: Pizza -33/35
 Choice of 2 Veggies
 Choice of 2 Fruits
 Holiday Cookie-23
 Mini Ice Cream Cup-10
 Milk



K-4: \$2.70 **5-12:** \$3.00
Reduced: \$.40 **Milk:** \$.75

K-12: PB&J entrée choice offered daily. This will include the daily veggie & fruit.

5-12: Popcorn Chicken Salad w/Ranch offered Daily

Students must take 3 of the 5 menu'd items to qualify as a lunch. One of those items must serving of a fruit or a vegetable.

Charging Policy:

5-6: After a student has charged three times the student will receive a peanut butter sandwich, applesauce & milk until the charges have been paid in full.

7-12: One charge will be allowed when necessary, with no further charges until the first charge has been paid in full.

This institution is an equal opportunity provider.

Menu Subject To Change

There may be continued supply chain shortages throughout the 2022-23 SY. Thanks for your continued support and patience. 😊

Free & Reduced Application are available on school's web site or by 419-647-4111 ext.3206. You may Apply anytime throughout the year.

Serving Up...Bearcat Pride!!