

# A YUMMY DECEMBER ORGANIC & NATURAL LUNCH MENU FOR TRUE NORTH CLASSICAL ACADEMY

\*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p><b>Option #1:</b> Baked Chicken Nuggets, Roasted Corn Nibbles, WW Roll, Fresh Fruit</p>	<p><b>Option #1:</b> Turkey &amp; Cheese Enchiladas, Brown Rice &amp; Black Beans, Fresh Fruit</p> <p><b>Option #2:</b> Cheese Enchiladas, Brown Rice &amp; Black Beans, Fresh Fruit</p>	<p><b>Option #1:</b> Orange Chicken w/Lo Mein Noodles, Asian Style Broccoli, Fresh Fruit</p> <p><b>Option #2:</b> Grilled Cheese, Asian Style Broccoli, Fresh Fruit</p>	<p><b>Option #1:</b> Lean Beef Burger, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p><b>Option #2:</b> Mac &amp; Cheese, Roasted Sweet Potato Wedges, Fruit</p>	<p><b>PIZZA DAY</b> Cheese Pizza (1 slice), Cucumbers, Grape Tomatoes &amp; Ranch Dip, Fruit</p>
9	10	11	12	13
<p><b>Option #1:</b> Grilled Chicken Parmesan over Pasta, Glazed Carrots, Fresh Fruit</p> <p><b>Option #2:</b> Grilled Chicken over Pasta, Glazed Carrots, Fresh Fruit</p>	<p><b>Option #1:</b> Breakfast for Lunch—Waffles, Eggs, Lyonnaise Potatoes w/Peppers &amp; Onions, Fresh Fruit</p> <p><b>Option #2:</b> Lean Beef Burger, Lyonnaise Potatoes w/Peppers &amp; Onions, Fresh Fruit</p>	<p><b>Option #1:</b> Arroz con Pollo, Black Beans, Fresh Fruit</p> <p><b>Option #2:</b> Grilled Cheese, Steamed Edamame, Fresh Fruit</p>	<p><b>Option #1:</b> Korean Beef Bowl over Rice, Asian Style Broccoli, Fresh Fruit</p> <p><b>Option #2:</b> Mac &amp; Cheese, Asian Style Broccoli, Fresh Fruit</p>	<p><b>PIZZA DAY</b> Cheese Pizza (1 slice), Carrots w/Dip, Fresh Fruit</p>
16	17	18	19	20
<p><b>Option #1:</b> Baked Chicken Nuggets, Sauteed Herbed Squash, Zucchini, &amp; Mushrooms, WW Roll, Fresh Fruit</p>	<p><b>Option #1:</b> Turkey &amp; Cheese Burrito (w/Brown Rice inside), Black Beans, Fresh Fruit</p> <p><b>Option #2:</b> Cheese Burrito (w/ Brown Rice inside), Black Beans, Fresh Fruit</p>	<p><b>Option #1:</b> Philly Cheesesteak, Roasted Sweet Potato Wedges, Fresh Fruit</p> <p><b>Option #2:</b> Grilled Cheese, Roasted Sweet Potato Wedges, Fresh Fruit</p>	<p><b>Option #1:</b> Baked &amp; Breaded Fish Sticks w/Slaw, Baked Tater Tots, Fresh Fruit</p> <p><b>Option #2:</b> Mac &amp; Cheese, Baked Tater Tots, Fresh Fruit</p>	<p><b>PIZZA DAY</b> Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit</p>