

# WHAT'S ON THE MENU?

## Southern University Lab School: December Breakfast

Monday


Tuesday

Wednesday

Thursday

Friday

 Vegetarian

 Locally Grown

1  
Sausage Biscuit  
Assorted Cereal  
Graham Crackers  
Fresh Fruit  
100% Fruit Juice  
Milk of choice

4  
French Toast Sticks  
Sausage Patty  
Assorted cereal  
Graham cracker  
Fresh fruit  
100% Fruit juice  
Milk of choice

5  
Cheddar Grits  
Toast  
Assorted Cereal  
  
Fresh fruit  
100% Fruit juice  
Milk of choice

6  
Egg & Cheese Biscuit  
Assorted Cereal  
Graham Crackers  
Fresh Fruit  
100% Fruit Juice  
Milk of Choice

7  
Breakfast Pizza  
Assorted Cereal  
Graham Cracker  
Fresh fruit  
100% Fruit juice  
Milk of choice

8  
Warm Bkft Bar  
Mozzarella Stick  
Assorted Cereal  
Assorted cereal  
Fresh fruit  
100% Fruit juice  
Milk of choice

11  
Cheddar Grits  
Toast  
Assorted Cereal  
Fresh fruit  
100% Fruit juice  
Milk of choice

12  
Chicken Biscuit  
Assorted Cereal  
Graham Crackers  
Fresh fruit  
100% Fruit juice  
Milk of choice

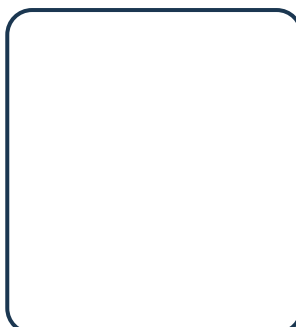
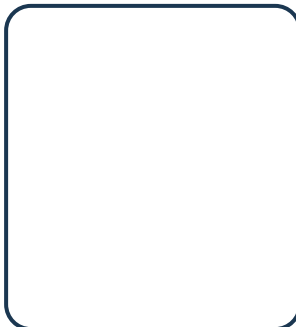
13  
BKFT Sausage Pizza  
Assorted Cereal  
Graham Crackers  
Fresh fruit  
100% Fruit juice  
Milk of choice

14  
Assorted Muffins  
Mozzarella Stick  
Assorted Cereal  
Graham Crackers  
Fresh fruit  
100% Fruit juice  
Milk of choice

15  
Ham & Cheese English  
Muffin  
Assorted Cereal  
Graham cracker  
Fresh fruit  
100% Fruit juice  
Milk of choice

18  
Sausage Pancake stick  
Assorted Cereal  
Graham Crackers  
Fresh Fruit  
100% Fruit Juice  
Milk of Choice

19  
Blueberry Waffles  
Assorted Cereal  
Graham Crackers  
Fresh Fruit  
100% Fruit Juice  
Milk of choice



# WHAT'S ON THE MENU?

## Southern University Lab School: December Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



Vegetarian



Locally Grown

1  
Chicken Tenders  
Dinner roll  
Meatball Sub  
Mashed potatoes  
Chef Salad  
Apple  
100% Fruit Juice  
Tossed salad

4  
Chicken & Sausage  
Jambalaya  
Chef Salad  
Ham & Cheese wrap  
Seasoned Carrots  
Seasoned green beans  
Whole orange  
100% Fruit Juice

5  
Turkey Nachos  
Mexican rice  
Seasoned Corn  
Spicy Chicken Caesar wrap  
with Doritos  
Tropical fruit/Red Grapes  
Cherry tomatoes

6  
Red Beans & Rice  
Cornbread  
Philly Steak wrap  
Chef Salad  
Seasoned Mustards  
Seasoned Cauliflower  
Apple/100% Fruit Juice

7  
Turkey Corndog  
Ham & Cheese wrap  
Mac & Cheese  
Chef Salad  
Seasoned Broccoli  
Tossed salad  
Grapes  
100% Fruit Juice

8  
Pepperoni Pizza  
Bacon Cheeseburger  
Crispy Fries  
Chef Salad  
BBQ Baked Beans  
Lettuce & Tomatoes  
Red Apple  
100% Fruit Juice

11  
Italian Meat sauce  
over Rotini/roll  
Caesar salad/Chic Sand  
Dinner roll  
Seasoned Collards  
Tossed Salad  
Apple/Diced pears

12  
Turkey Tacos  
Fun Lunch  
Caesar salad  
Mexican pinto beans  
Banana  
Cherry tomatoes  
100% Fruit Juice

13  
Popcorn Chicken Bowl  
& mashed potatoes  
Dinner roll  
Turkey Corndog  
Caesar Salad  
Seasoned Corn  
Apple/Diced Pears

14  
Smothered Pork Chop  
Dirty Rice  
Seasoned Carrots  
Chef salad/Dinner roll  
Pear/Diced pears  
Tossed salad

15  
Spicy Chicken Sand  
Buffalo Chicken Pizza  
Caesar Salad  
Potato wedges  
Orange/Fruit Juice  
Lettuce & Tomatoes

18  
Chicken & Sausage  
Gumbo & Rice  
Half Grilled Cheese Sand  
Cheeseburger  
Potato Salad/roll  
Broccoli/Carrots  
Chilled Peaches/Fresh fruit  
Lett & tomato

19  
Turkey Nachos  
Mexicali pinto beans  
Fiesta rice  
Seasoned corn  
Banana  
100% Fruit Juice  
Cherry Tomatoes