

December 6 – December 10

2021



ALL MEALS INCLUDE:

- Fresh fruit and salad bar with seasonal and organic produce provided by local farms
- Boars Head premium deli sandwiches on **whole grain** and **gluten free bread options**
- Low fat yogurt
- Unsweetened applesauce
- Beverage

Vegetarian: Gluten Free Option (upon request): Produce of the Month:

Produce of the Month: Citrus Fruit

Tart lemons, bitter grapefruits, sweet oranges and juicy limes are highlighted on the menu this month. Full of Vitamin C, citrus fruit is the best pick-me-up for chilly weather.



| 6 | Monday | 7 | Tuesday | 8 | Wednesday | 9 | Thursday | 10 | Friday |
|---|------------------------------------------------|---|---------------------------------------------------------------------------|---|----------------------------------------------------------------|---|-----------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------|
| | ENTRÉE | | ENTRÉE | | ENTRÉE | | ENTRÉE | | ENTRÉE |
| | Meatless Monday! | | Orange Chicken Basmati Rice Garlic Green Beans | | BBQ Pulled Pork Sliders Cole Slaw Potato Salad | | Chicken Alfredo Garlic Bread Sticks Steamed Broccoli | | Beef Tacos Spanish Rice Mexican Street Corn Kernels |
| | VEGGIE CAFÉ | | VEGGIE CAFÉ | | VEGGIE CAFÉ | | VEGGIE CAFÉ | | VEGGIE CAFÉ |
| | Mini Pancakes Cheese Omelets Hash Browns | | Orange Veggie Tenders Basmati Rice Garlic Green Beans | | BBQ Jackfruit Sliders Cole Slaw Potato Salad | | Penne Alfredo Garlic Bread Sticks Steamed Broccoli | | Bean and Cheese Burrito Spanish Rice Mexican Street Corn Kernels |
| | KINDERGARTEN | | KINDERGARTEN | | KINDERGARTEN | | KINDERGARTEN | | KINDERGARTEN |
| | Mini Pancakes Yogurt Cups Tater Tots | | Orange Chicken Orange Veggie Tenders Steamed Rice Green Beans | | Turkey & Cheese Pinwheels Egg Salad Kit Veggie Straws | | Tortellini Alfredo with Chicken Tortellini Alfredo Garlic Bread Sticks Steamed Broccoli | | Turkey Pepperoni Pizza Cheese Pizza Garden Salad |



1 DAY A WEEK, IN 1 YEAR:

- ✓ Save 84,000 gallons of H₂O
- ✓ Reduce your Risk of Heart Disease & Cancer
- ✓ Save 15.5 gallons of Gasoline
- ✓ Save 240 lbs. of grain

SNACK BAR BEVERAGES

Monday, Wednesday, Friday: Bottled Water or Clover Organic 1% Milk
Tuesday & Thursday: Bottled Water or 100% Juice Capri Sun

***Please contact Kitchen Manager, David Hendricks
@ DavidH@harker.org for more information or to**