



# DECEMBER | 2022

## MIAMI EAST HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Chicken Fajita W/L & C (33) Corn (21) Refried Beans (23) Mixed Fruit (15) Peaches (19) Milk	2 Meatball Sub (43) Fries (14) Sweet potato Fries (21) Fruit Slushie (22) Milk
5 Reg. Chicken Patty (15) Spicy Chicken Patty (17) Bun (26) Corn (21) Pineapple (19) Apple Juice (14) Milk	6 Rotini W/Meat Sauce (24) W/Breadstick (14) Broccoli (4) Mandarin Oranges (20) Pears (21) Milk	7 Bosco Sticks (34) Mozzarella Sticks (33) Marinara (8) Green Beans (4) Apple Slices (7) Peaches (19) Milk	8 Bacon, Egg & Cheese Breakfast Scramble (21) W/Biscuit (28) 1 Hash Brown (13) Orange Juice (13) Mixed Fruit (15) Milk	9 Pulled Pork (17) Bun (26) Fish (14) Bun (26) Baked Beans (29) Cole Slaw (14) Applesauce (18) Milk
12 Chicken Strips (16) W/Dinner Roll (19) Mashed Potatoes (20) Applesauce (18) Grape Juice (19) Milk	13 Mac & Cheese (26) W/Breadstick (14) Broccoli (4) Mandarin Oranges (20) Pears (21) Milk	14 Pizza Hut Pepperoni (35) Cheese (36) Sausage (45) Veggie (37) Green Beans (4) Grapes (22) Strawberry Cup (22) Milk	15 Chicken Quesadilla (28) Cheese Quesadilla (40) Corn (21) Refried Beans (23) Peaches (19) Mixed Fruit (15) Milk	16 Hot Dog (1) Bun (28) Coney Dog (7.5) Bun (28) Fries (14) Sweet Potato Fries (21) Fruit Slushie (22) Milk
19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL

### Student Lunches 2.85

- \*Choose 1 Main Entrée
- \*Choose at Least 1 Vegetable or 1 Fruit (May Choose up to 2 Each)
- \*Milk 1% White or Fat Free Chocolate
- \*Carb Counts in ( )

### Lunches Available Daily

**Chef Salad W/Popcorn Chicken & Breadstick (31)**, Dressing Choices, Fruit Choices, Milk

**Turkey Bacon Sub W/Lettuce & Cheese (33)**, Vegetable & Fruit Choices, Milk

**Vanilla Yogurt Parfait W/Fruit & Granola (96)**, Fruit & Vegetable Choice, Milk

**PB&J (64)**, Vegetable & Fruit Choices, Milk

**PB&J W/Cheese Stick & Pretzels (33)**, Vegetable & Fruit Choices, Milk

### Vegetable Choice Available Daily W/Lunches

\*Variety of Fresh Veggies W/Ranch (1), Carrots (7), Grape Tomatoes (7), Celery (2)

\*Side Salad W/Ranch Dressing (1)

### Dips/other

BBQ (9), Buffalo Ranch (3), Honey Mustard (6), Ranch (1), Sweet & Sour (11), Ketchup (3), Mustard (0), Mayo (2), Salsa (3), Taco Sauce, (1), Sour Cream (2), Butter Pats (0), Pickles (0)

### Fruits

Fresh, Canned or 100% Fruit Juices

**Menu is Subject to Change  
This Institution is an Equal Opportunity provider**