SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Fair Oaks

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
All lunches served with age appropriate milk, either 1% or whole milk. Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	House Made Creamy Chicken Penne Alfredo ½ c Sweet Yellow Corn ¼ c Veggie: Creamy Penne Alfredo Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea; ½ oz Enriched Bread Slice; Sweet Hot Baby Peas ¼ c; Veggie: Baked Morningstar Chik Nuggets Fresh or Chilled Fruit
6	7	8	9	10
Whole Grain Breaded Chicken Patty on Whole Grain Bun Cooked Carrot Coins ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	Mini Four Cheese Ravioli w/ Marinara Sauce ½ c California Blend Hot Mixed Vegetables ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Sliced Cucumbers 3 ea w/ Ranch Dip Veggie: Bean Rice Bowl Fruit or Chilled	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Whole Grain Baked Chicken Tenders 3 ea; ½ oz Enriched Bread Slice; Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit
13	14	15	16	17
Kid Fav Mac N' Cheese ½ c Fresh Green Beans ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Hawaiian Balls over Rice; Fresh or Chilled Fruit	Creamy Chicken Broccoli Penne Alfredo ½ c Sweet Yellow Corn ¼ c Veggie: Creamy Broccoli Penne Alfredo Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Sweet Hot Baby Peas ¼ c Veggie: Italian Cavatappi w/ Marinara Fresh or Chilled Fruit	Cheddar Cheese Quesadilla 1 ea Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheddar Cheese Quesadilla Fresh or Chilled Fruit
20	21	22	23	24
Grilled Chicken Breast & Gravy over Creamy Mashed Potatoes Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Balls Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Slow Roasted Turkey & American Cheese Sub ½ ea Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Double Cheese Sub Fresh or Chilled Fruit	Christmas Day Observed SHG Closed
27	28	29	30	31
Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea ½ oz Enriched Bread Slice Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Kid Fav Mac N' Cheese ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	Beef Taco Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl Fresh or Chilled Fruit	New Year's Day Observed SHG Closed