

HELLO
December

Monticello High School and Middle School
Lunch Menu



All Menus are
Subject to Change

Our December bite size facts of the month:

Seasonal Foods to be on the lookout for:

Pomegranates- October - January

Persimmons- November - February

Passion Fruit- June- December

Radicchio- January- April

Winter Squash- September- March

Brussel Sprouts- September- March

Try a new Winter Recipe with seasonal produce!

Brussel Sprout Salad Recipe

Ingredients:

- 5 Tbsp.
extra-virgin olive oil
- 5 Tbsp.
fresh lemon juice
- 1/4 c.
chopped fresh parsley
- 2 tsp.
kosher salt
- 1 tsp.
freshly ground black pepper
- 2 lb.
Brussels sprouts, halved, thinly sliced
(about 8 c.)
- 1/2 c.
chopped toasted almonds
- 1/2 c.
pomegranate seeds
- Shaved Parmesan, for serving

Instructions:

Step 1- In a medium bowl, whisk oil, lemon juice, parsley, salt, and pepper until combined. Add Brussels sprouts and toss until coated.

Step 2-Let sit, tossing occasionally, at least 20 minutes or up to 4 hours.

Step 3-Fold in almonds and pomegranate seeds. Top with Parmesan.

December 2nd - 6th



Monday- 12.2.24

Hot Entrée-

NY Hot Dog on WG Bun
Served with Baked Beans and
Coleslaw

Daily Specials-

Cottage Cheese with Veggies and a Breadstick
Veggie or a Cheeseburger
Chef Salad with Turkey and a Hard Boiled Egg
Italian Ham Wrap
Strawberry Yogurt Parfait with Granola
Pizza

Tuesday- 12.3.24

Hot Entrée-

Glazed Latin Chicken w/ Tortilla
Served with Black Beans and Rice,
Spiced Fruit Relish

Daily Specials-

Chickpea Waldorf Salad
Black Bean Burgers or Cheeseburger
Backyard BBQ Chicken Salad
Chicken Salad Pita
Peach Yogurt Parfait with Granola
Pizza

Wednesday- 12.4.24

Hot Entrée-

Chicken Chunks with Dipping Sauces
Served with Oven Roasted Zucchini and
Squash,
Pesto Pasta Salad

Daily Specials-

Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Siracha Chicken Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday-12.5.24

Hot Entrée-

Beef Bahn Mi with Slaw
Served with Sweet Potato Wedges
and Cucumber Slices

Daily Specials-

Hummus with Pita Chips
Black Bean Burger or a Cheeseburger
Chicken Fajita Salad
Turkey with Cranberry Spread
Pineapple Yogurt Parfait with Granola
Pizza

Friday- 12.6.24

Hot Entrée-

Assorted Pizza Choices
Served with Roasted Chick Peas,
and Corn

Daily Specials-

Chickpea Salad with Greens
Veggie Burgers or a Cheeseburger
Tuna Salad with greens
California Chicken Wrap
Mixed Yogurt Parfait with Granola

Blue Text- New
menu items
being featured

Daily Offerings:

Assorted Milk Variety
Assorted Fresh and Canned Fruit
Salad Bar
Assorted WG Sandwiches
Assorted WG Wraps
WG PB&J w/ Cheese Stick
Specialty Salads

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December 9th-13th

Monday- 12.9.24

**Hot Entrée-
Stuffed Shells**

Served with Tossed Romaine Salad,
Three Bean Salad, and Carrots

Daily Specials-

Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Siracha Chicken Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Tuesday- 12.10.24

**Hot Entrée-
Breakfast for Lunch!**

Cheese Omelet and Sausage
Served with Hash Browns and an English
Muffin

Daily Specials-

Southwest Quinoa Salad
Black Bean or a Cheeseburger
Southwest Chicken
Caesar Hot Cuban
Wrap Peach Yogurt
Parfait with Granola
Pizza

Wednesday- 12.11.24

**Hot Entrée-
BBQ Bone-in Chicken Thigh**

Served with **Pasta Salad**, Corned Bread
with Honey, and Coleslaw

Daily Specials-

Cottage Cheese & Veggies with Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday- 12.12.24

**Hot Entrée-
Korean Beef**

Served with Savory rice and
Roasted Broccoli

Daily Specials-

Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Friday- 12.13.24

**Hot Entrée-
Assorted Pizza Choices**

Served with Caesar Salad and Green Beans

Daily Specials-

Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

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December 16th-20th

Monday- 12.16.24

Hot Entrée-

Chicken Parmesan Sandwich

Served with Tomato & Cucumber Salad

Daily Specials-

Hummus with Pita Chips and Greens
Veggie Burger or a Cheeseburger
Chef Salad with Ham and a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza

Tuesday- 12.17.24

Hot Entrée-

Baked Macaroni and Cheese with Ham
Served with Peas and Carrots,
and a **Kale Salad with an Apple Vinaigrette**

Daily Specials-

Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Caesar Hot Cuban Wrap
Peach Yogurt Parfait with Granola
Pizza

Wednesday- 12.18.24

Hot Entrée-

Cheeseburger on a WG Bun

Served with Shredded Lettuce, Tomato,
Pickles, and Baked Beans and Coleslaw

Daily Specials-

Cottage Cheese & Veggies with a Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday- 12.19.24

Hot Entrée-

Boneless Baked Mojo Pork Chop

Served with Black Beans and Savory Rice,
a Corn Tortilla, and Fresh Pico De Gallo

Daily Specials-

tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Friday- 12.20.24

Hot Entrée-

Assorted Pizza

Served with a Tossed Salad and
Assorted Vegetable Sticks

Daily Specials-

Southwest Caesar Salad
Veggie Burger or a Cheeseburger
Egg Salad with Greens
California Turkey Wrap
Mixed Yogurt Parfait with Granola

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

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Winter Recess
12.23.24 - 1.2.25

Enjoy your break!

January 2nd & 3rd



- DAILY OFFERINGS:**
ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS



Thursday- 1.2.25

Hot Entrée-
Chicken Tenders
*Served with Savory Seasoned Rice
Mixed Vegetables*

Daily Specials-
Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and
a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza

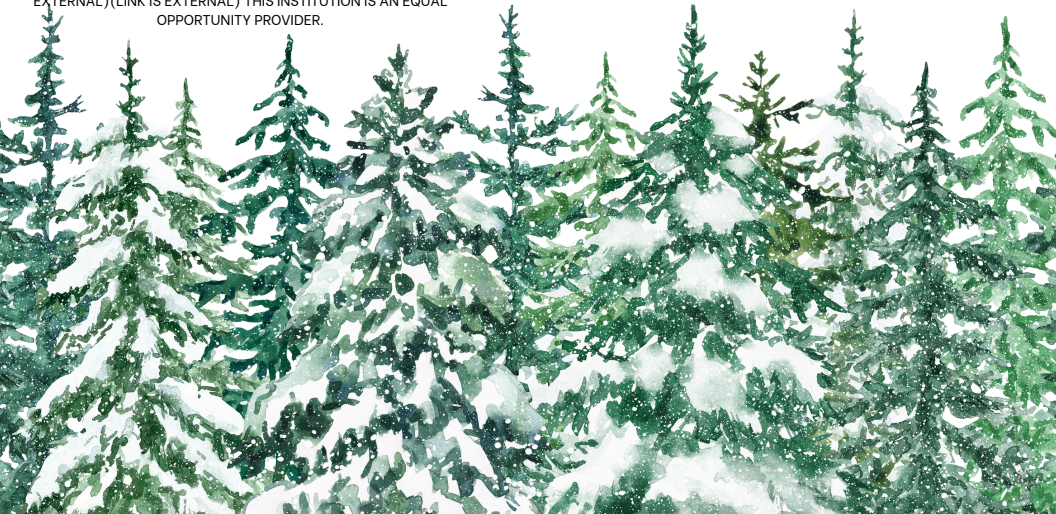
Friday- 1.4.25

Hot Entrée-
Assorted Pizza
Served with Roasted Chick Peas and Corn

Daily Specials-
Hummus w. Pita Chips and Greens
Buffalo Chicken Salad
Thai Chicken Wrap
Yogurt Parfait
Cheeseburger

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Monday- 1.6.25

Hot Entrée-

WG Pasta with Meatballs
Served with Breadsticks and
Garlic Green Beans

Daily Specials-

Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza

Tuesday- 1.7.25

Hot Entrée-

Teriyaki Chicken Bowl
Served with Seasoned Rice, Broccoli,
and Chow Mein Noodles

Daily Specials-

Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Peach Yogurt Parfait with Granola
Pizza

Wednesday- 1.8.25

Hot Entrée-

Grilled Cheese and Tomato Soup
Served with Goldfish Crackers
and Baby Carrots

Daily Specials-

Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Thursday- 1.9.25

Hot Entrée-

Beef Taco Pie
Served with Seasonal Potato Cubes
and Mexicali Corn

Daily Specials-

Cottage Cheese & Veggies with a Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Friday- 1.10.25

Hot Entrée-

Assorted Pizza

Served with Watermelon Cucumber Salad
with Feta
and Roasted Zucchini and Squash

Daily Specials-

Southwest Caesar Salad
Veggie Burger or a Cheeseburger
Cottage Salad with Veggies
California Turkey Wrap
Mixed Yogurt Parfait with Granola

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

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