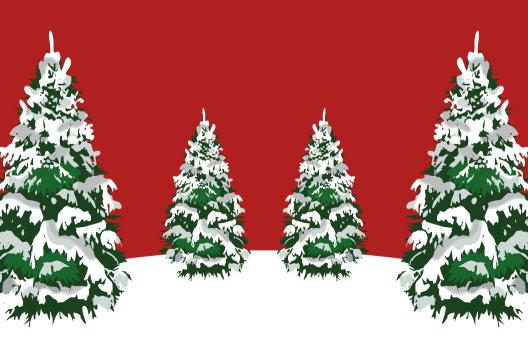
# HELLO

#### Monticello Elementary Schools 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!

## Oatmeal Cookie Smoothie Recipe

- 3/4 cup rolled oats
- 1/4 cup raisins
- 1/4 teaspoon pumpkin pie spice
- 1 cup whole milk, plus more if needed (or milk of your choosing)
- 1/2 cup full-fat vanilla yogurt (or any yogurt of your choosing)
- 1 tablespoon dark brown sugar

- Add the oats, raisins and pumpkin pie spice to the carafe of a blender and pour in the milk, adding more to cover the oats if needed. Stir completely and set aside until the oats are soft, 15 minutes.
- Blend on high speed until pureed and smooth, about 1 minute. Add the yogurt, brown sugar and 1 1/2 cups ice, and blend on high speed until smooth, about 30 seconds. Pour into 2 pint glasses.

# 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

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

#### 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

Thursday-12.5.24 Hot Entrée- Cheeseburger with a Tossed Salad 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

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

## Blue Text- New menu items being featured

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U.S. DEPARTMENT OF AGRICULTURE OFFICE OF THE ASSISTANT SECRETARY FOR CIVIL RIGHTS 1400 INDEPENDENCE AVENUE, SW WASHINGTON, D.C. 20250-9410; OR FAX: (833) 256-1665 OR (202) 690-7442; OR EMAIL: PROGRAM.INTAKE@USDA.GOV(LINK IS EXTERNAL) (LINK IS EXTERNAL) THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

# 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

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

#### 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

Thursday- 12.12.24 Hot Entrée-Chicken Nuggets Served with Sweet Potato Tater Tots 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

Blue Text- New menu items being featured



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# December 16th-20th

Monday- 12.16.24 Hot Entrée-Seasoned Bosco Sticks with Marinara Sauce 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 Specialstabbouleh 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 SSORTED FRESH AND CANNED FRU SALAD BAR ASSORTED WG SANDWICHES ASSORTED WG WRAPS WG PB&J W/ CHEESE STICK SPECIALTY SALADS

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# 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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## Green Text- New menu items being featured

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

Nesday- 1.7.25 Hot Entrée-Teriyaki Chicken Bowl Served with Seasoned Rice, Broccoli, and Chow Mein Noodles

6th 10th

January

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

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- 1.9.25 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

Subject to Change

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