

# December 2022

# iLead Lancaster

GRADE: K-8  
SBP/NSLP Menu  
Serve w/ Milk & Fruit

B=

L=

S=

Last updated: 10/25/22at 12:45 pm

Menus are not final. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

	MONDAY RED/ORANGE		TUESDAY LEGUMES		WEDNESDAY DARK GREEN		THURSDAY STARCHY		FRIDAY OTHER	
							1		2	
BREAKFAST							125	Coco Puffs & WG Crackers	125	Coffee Cinnamon Crumble
HOT VEGETARIAN									200	Italian Turkey, Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)
COLD MEAL							200	Garlic Pesto Cheese Pasta Salad w/basil corn salad (3/4c)		
SALAD							30	Chef Turkey & Ham Salad with a Wheat Dinner Roll		
	5		6		7		8		9	
BREAKFAST	125	Mexican Concha	125	Grilled Cheese Sandwich	125	Strawberry Muffin	125	Maple Waffle	125	Bagel & Cream Cheese
HOT MEAL	200	Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)	200	Chicken Fajitas (3/4c) w/spanish rice (3/4c) & pinto beans (3/4c)	250	Pizza Lasagna w/broccoli (3/4c)	250	Bean Chili (3/4c) w/dinner roll & whole kernel corn (1/2c)	175	Italian Turkey, Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)
	12		13		14		15		16	
BREAKFAST	125	Banana Muffin	125	Coco Puffs & WG Crackers	125	Blueberry Muffin	125	Cinnamon French Toast	125	Coffee Cinnamon Crumble
HOT MEAL	200	Mongolian Bowl w/brown rice (1c) & steamed carrots (3/4c)	250	Three Cheese Mac & Cheese w/bbq baked beans (3/4c)			250	Chicken Nuggets w/whole kernel corn (3/4c)		
COLD MEAL					200	Oriental Chicken Tortilla Wrap w/broccoli salad (1c)			175	Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)
	19		20		21		22		23	
BREAK	NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
	26		27		28		29		30	
BREAK	NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

**School Notes:**

- 12/19-12/30 NO SCHOOL
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