

# DECEMBER 2023

## BAHRAIN ELEMENTARY LUNCH

### 2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Breakfast:	\$2.00 (\$0.30 reduced)

#### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Vegetables: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

### SUNDAY 3

- (1) Chicken Tenders w/ Corn Muffin OR
- (2) Lasagna w/ Breadstick

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

### SUNDAY 10

- (1) Teriyaki Chicken w/ Rice & Roll OR
- (2) Pasta w/ Meat Sauce & Roll

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

### SUNDAY 17



### SUNDAY 24



### MONDAY 4

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant

Variety of Fruits

Oven Baked Tater Tots

Carrot Sticks w/ Ranch

Choice of Milk

### MONDAY 11

- (1) Macaroni + Cheese OR
- (2) Yogurt + Granola Parfait

Variety of Fruits

Oven Baked Tater Tots

Carrot Sticks w/ Ranch

Choice of Milk

### MONDAY 18



### MONDAY 25



### TUESDAY 5

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

### TUESDAY 12

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

### TUESDAY 19



### TUESDAY 26



### WEDNESDAY 6

- (1) Hotdogs OR
- (2) Grilled Cheese

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

### WEDNESDAY 13

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sloppy Joe

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

### WEDNESDAY 20



### WEDNESDAY 27



### THURSDAY 7

- (1) Cheesy Breadsticks w/ Marinara OR
- (2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

### THURSDAY 14

- (1) Pizza OR
- (2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

### THURSDAY 21



### THURSDAY 28



\*Menu subject to change based on availability\*



# DECEMBER 2023

## BAHRAIN MIDDLE/HIGH LUNCH

### 2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Breakfast:	\$2.00 (\$0.30 reduced)

#### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Vegetables: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

### SUNDAY 3

- (1) Chicken Tenders w/ Corn muffin OR
- (2) Lasagna w/ Breadstick

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

### SUNDAY 10

- (1) Teriyaki Chicken w/ Rice & Roll OR
- (2) Pasta w/ Meat Sauce & Roll

Variety of Fruits

Seasoned Roasted Broccoli

Honey Glazed Carrots

Choice of Milk

### SUNDAY 17



### SUNDAY 24



### MONDAY 4

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

### MONDAY 11

- (1) Macaroni + Cheese OR
- (2) Yogurt + Granola Parfait

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

### MONDAY 18



### MONDAY 25



### TUESDAY 5

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

### TUESDAY 12

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

### TUESDAY 19



### TUESDAY 26



### WEDNESDAY 6

- (1) Hotdog OR
- (2) Grilled Cheese

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

### WEDNESDAY 13

- (1) BBQ Chicken w/ Garlic Roll OR
- (2) Sloppy Joe

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

### WEDNESDAY 20



### WEDNESDAY 27



### THURSDAY 7

- (1) Cheesy Breadsticks w/ Marinara OR
- (2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

### THURSDAY 14

- (1) Pizza OR
- (2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

### THURSDAY 21



### THURSDAY 28



\*Menu subject to change based on availability\*



# DECEMBER 2023 BAHRAIN BREAKFAST

## 2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Breakfast:	\$2.00 (\$0.30 reduced)

### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit \*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit will be charged full price.

## SUNDAY 3

- (1) Maple French Toast Squares OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## MONDAY 4

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## TUESDAY 5

- (1) Whole Grain Bagel w/ Cream Cheese OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## WEDNESDAY 6

- (1) Biscuits w/ Jelly OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## THURSDAY 7

- (1) Breakfast Burrito (Egg & Cheese) OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## SUNDAY 10

- (1) Maple French Toast Squares OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## MONDAY 11

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## TUESDAY 12

- (1) Whole Grain Bagel w/ Cream Cheese OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## WEDNESDAY 13

- (1) Biscuits w/ Jelly OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## THURSDAY 14

- (1) Breakfast Burrito (Egg & Cheese) OR
- (2) Assorted Cereal
- Assorted Fresh Fruits
- Choice of Milk

## SUNDAY 17



## MONDAY 18



## TUESDAY 19



## WEDNESDAY 20



## THURSDAY 21



## SUNDAY 24



## MONDAY 25



## TUESDAY 26



## WEDNESDAY 27



## THURSDAY 28



\*Menu subject to change based on availability\*