

DECEMBER 2023

SASEBO ELEMENTARY LUNCH

2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

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.

MONDAY 4

- (1) Chicken Tenders w/ Roll OR
- (2) Lasagna w/ Roll

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 11

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Spaghetti w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 18



MONDAY 25



TUESDAY 5

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

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 12

- (1) Chicken + Waffles OR
- (2) Sloppy Joe

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 19



TUESDAY 26



WEDNESDAY 6

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 13

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 20



WEDNESDAY 27



THURSDAY 7

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

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 14

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Turkey Deli Sub

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 21



THURSDAY 28



FRIDAY 1

(1) Pizza OR

(2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 8

(1) Macaroni + Cheese OR

(2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 15

(1) Pizza OR

(2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 22



FRIDAY 29



Menu subject to change based on availability



DECEMBER 2023

JACK N DARBY ELEMENTARY LUNCH

2023-2024 Meal Prices
 Grades K-5: \$3.50
 Grades 6-12: \$3.75
 Reduced (all grades): \$0.40
 Sure Start: Free

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.

MONDAY 4

- (1) Chicken Tenders w/ Roll OR
- (2) Lasagna w/ Roll

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 11

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Spaghetti w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 18



MONDAY 25



TUESDAY 5

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

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 12

- (1) Chicken + Waffles OR
- (2) Sloppy Joe

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 19



TUESDAY 26



WEDNESDAY 6

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 13

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 20



WEDNESDAY 27



THURSDAY 7

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

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 14

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Turkey Deli Sub

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 21



THURSDAY 28



FRIDAY 1

(1) Pizza OR

(2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 8

(1) Macaroni + Cheese OR

(2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 15

(1) Pizza OR

(2) Hamburger or Cheeseburger

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 22



FRIDAY 29



Menu subject to change based on availability



DECEMBER 2023

ERNEST J KING MIDDLE SCHOOL LUNCH

2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

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.

MONDAY 4

- (1) Chicken Tenders w/ Roll OR
- (2) Lasagna w/ Roll

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 11

- (1) Teriyaki Chicken w/ Rice & Roll OR
- (2) Spaghetti w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 18



MONDAY 25



TUESDAY 5

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

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 12

- (1) Chicken + Waffles OR
- (2) Sloppy Joe

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 19



TUESDAY 26



WEDNESDAY 6

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 13

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 20



WEDNESDAY 27



THURSDAY 7

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

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 14

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Turkey Deli Sub

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 21



THURSDAY 28



FRIDAY 1

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

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 8

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 15

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

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 22



FRIDAY 29



Menu subject to change based on availability



DECEMBER 2023

ERNEST J KING HIGH SCHOOL LUNCH

2023-2024 Meal Prices
 Grades K-5: \$3.50
 Grades 6-12: \$3.75
 Reduced (all grades): \$0.40
 Sure Start: Free

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.

MONDAY 4

- (1) Chicken Tenders w/ Roll OR
- (2) Lasagna w/ Roll

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 11

- (1) Teriyaki Chicken w/ Rice & Roll OR
- (2) Spaghetti w/ Meat sauce

Variety of Fruits

Seasoned Roasted Broccoli

Sweet Potato Fries

Choice of Milk

MONDAY 18



MONDAY 25



TUESDAY 5

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

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 12

- (1) Chicken + Waffles OR
- (2) Sloppy Joe

Variety of Fruits

Oven Baked Tater Tots

Baby Carrots w/ Ranch

Choice of Milk

TUESDAY 19



TUESDAY 26



WEDNESDAY 6

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 13

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

Variety of Fruits

Pinto Beans

Taco Trimmings

Choice of Milk

WEDNESDAY 20



WEDNESDAY 27



THURSDAY 7

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

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 14

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Turkey Deli Sub

Variety of Fruits

Seasoned Green Beans

Sliced Cucumbers w/ Ranch

Choice of Milk

THURSDAY 21



THURSDAY 28



FRIDAY 1

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

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 8

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 15

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

Variety of Fruits

Romaine Side Salad

Crinkle Cut Fries

Choice of Milk

FRIDAY 22



FRIDAY 29



Menu subject to change based on availability



DECEMBER 2023 SURE START LUNCH

2023-2024 Meal Prices
 Grades K-5: \$3.50
 Grades 6-12: \$3.75
 Reduced (all grades): \$0.40
 Sure Start: Free

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.

MONDAY 4

Chicken Tenders w/ Breadstick
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 11

Pasta w/ Meat Sauce
Variety of Fruits
 Seasoned Roasted Broccoli
 Honey Glazed Carrots
 Choice of Milk

MONDAY 18



MONDAY 25



TUESDAY 5

Breakfast for Lunch
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 12

Chicken + Waffles
Variety of Fruits
 Oven Baked Tater Tots
 Choice of Milk

TUESDAY 19



TUESDAY 26



WEDNESDAY 6

Chicken Burrito Rice Bowl
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 13

Cheese Quesadilla w/ Spanish Rice
Variety of Fruits
 Pinto Beans
 Taco Trimmings
 Choice of Milk

WEDNESDAY 20



WEDNESDAY 27



THURSDAY 7

Grilled Cheese
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

THURSDAY 14

BBQ Chicken w/ Corn Muffin
Variety of Fruits
 Seasoned Green Beans
 Sliced Cucumbers w/ Ranch
 Choice of Milk

THURSDAY 21



THURSDAY 28



FRIDAY 1

Pizza
Variety of Fruits
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of Milk

FRIDAY 8

Macaroni + Cheese
Variety of Fruits
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of Milk

FRIDAY 15

Pizza
Variety of Fruits
 Romaine Side Salad
 Crinkle Cut Fries
 Choice of Milk

FRIDAY 22



FRIDAY 29



Menu subject to change based on availability

