

# James W. Parker Middle School Lunch Menu

## December 2024



### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

*\*Students must choose at least one fruit or vegetable*

### Assorted Fresh Fruit and Vegetables Offered Daily

Vegetables May choose two 1/2 cup servings

Fruit May choose one 1/2 cup serving

### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

### Daily Alternate Choices May include

Peanut Butter Jelly Sandwich, Chef Salad, Taco Salad, Caesar Salad



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Chicken Tenders w/ dinner roll Green Beans Mixed Fruit Choice of Milk	4 General Tso Chicken Broccoli Assorted Fruit Choice of Milk  Churro	5 Mac and Cheese Tater Tots Peaches Choice of Milk	6 Pizza Broccoli Mandarin Oranges Choice of Milk
9 Cheeseburger Fries Applesauce Choice of Milk	10 Dunkers Mixed Veggies Pineapple Choice of Milk	11 Fish Sticks Pizza Steamed Broccoli Sliced Peaches Choice of Milk	12 Christmas Meal Ham w/ dinner roll Scalloped potatoes Green Beans Choice of Milk  Dessert	13 Pulled Pork Sandwich Pizza Peas Mixed Fruit Choice of Milk
16 Chicken Alfredo Green Beans Pineapple Choice of Milk	17 Popcorn Chicken Bowl Mashed Potatoes Assorted Fruit Choice of Milk	18 Pancakes w/ Sausage Pizza Tater Tots Diced Pears Choice of Milk	19 Smith Hot Dog on a bun Baked Beans Sliced Apples Choice of Milk	20 Cheese Calzone Pizza Steamed Carrots Applesauce Choice of Milk
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**