

# December 2025

## Naheed Chaman Elementary Lunch

MONDAY

- **Chicken Nuggets** Hawaiian Roll
- Sunbutter & Grape Jelly Sandwich
- **Seasoned Black Beans**
- Brown Rice
- **BBQ Baked Beans**
- Fresh Orange Wedges
- Fruit Cocktail
- Fresh Carrots
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

# **TUESDAY**

- **Turkey Nachos**
- Turkey Ham & Cheese on Pretzel Roll
- Southwest Tofu
- Brown Rice
- Seasoned Broccoli
- Fresh Red Delicious Apple
- Cinnamon Diced Peaches
- Sliced Cucumbers
- Small Caesar Salad Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

## 3

- **Toasty Cheese Sandwich**
- Campbell's Tomato Soup
- Hummus & Veggie Bento Box
- Seasoned Black Beans
- Brown Rice
- French Fries

WEDNESDAY

- Fresh Orange Wedges
- Fruit Cocktail
- Fresh Carrots
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

- Orange Chicken
- Brown Rice

**THURSDAY** 

- Chocolate Chip Cookie
- Sunbutter & Grape Jelly Sandwich
- Orange Glazed Tofu
- Brown Rice
- **Peas and Carrots**
- Fresh Banana
- Cinnamon Diced Peaches
- Fresh Broccoli Florets
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk 1% Low-fat Milk

## 5

**FRIDAY** 

- Classic Cheese Pizza
- Cranberry Pear Fruit Salad
- Turkey Ham & Cheese on Pretzel Roll
- **Seasoned Black Beans**
- **Brown Rice**
- Corn
- Fresh Red Delicious Apple
- Blue Raspberry Lemon Frozen SideKicks
- Fresh Carrots
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

## 8

- Whole Grain French Toast Sticks
- **Breakfast Syrup**
- Scrambled Eggs with Cheddar Cheese
- Turkey, Cheese, Flatbread & **Cucumber Bento Box**
- **Baharat Spiced Chickpeas**
- Brown Rice
- Tater Tots
- Fresh Granny Smith Apple
- Tropical Fruit Cocktail
- Fresh Broccoli Florets
- Spinach & Romaine Salad
- 1% Low-fat Milk · Chocolate Low Fat Milk

- Chicken & Cheese Quesadilla .
- Popcorn Chicken & Romaine Salad
- Ranch Dressing
- Croutons
- Black Bean Quesadilla
- Seasoned Black Beans
- Fresh Pear
- **Applesauce**
- Carrot & Celery Sticks
- Spinach & Romaine Salad
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### 10

- Home-style Beef and Bean Chili
- **Tortilla Chips**
- Turkey, Cheese, Flatbread & Cucumber Bento Box
- Moroccan Chickpea Stew
- Brown Rice
- Seasoned Broccoli
- Fresh Granny Smith Apple
- Tropical Fruit Cocktail
- Fresh Grape Tomatoes
- Spinach & Romaine Salad 1% Low-fat Milk
- Chocolate Low Fat Milk

### 11

- Mashed Potato & Chicken Bowl
- Hawaiian Roll
- Popcorn Chicken & Romaine Salad
- Ranch Dressing
- Croutons
- Seasoned Black Beans
- Brown Rice
- Seasoned Corn
- Fresh Orange Wedges
- Applesauce
- Carrot & Celery Sticks Spinach & Romaine Salad
- 1% Low-fat Milk Chocolate Low Fat Milk

### 12

- **Buttermilk Pancakes**
- Semi Sweet Chocolate Chips Whipped Cream Topping
- Scrambled Eggs with Cheddar Cheese
- Warm Baked Spiced Pears
- Vanilla Smoothie Bowl Base
- Cinnamon Granola
- **Baharat Spiced Chickpeas**
- **Brown Rice**
- Hash Brown Patty
- Fresh Pear Blue Raspberry Lemon Frozen
- SideKicks Fresh Grape Tomatoes
- Spinach & Romaine Salad
- 1% Low-fat Milk Chocolate Low Fat Milk

- Classic Cheese Pizza
- Pear Crisp
- Sunbutter & Grape Jelly
- Sandwich
- **Baia Beans**
- Brown Rice Mexicali Corn
- Fresh Granny Smith Apple Blue Raspberry Lemon Frozen SideKicks
- Fresh Cauliflower Florets
- Small Caesar Salad
- Creamy Caesar Dressing Chocolate Low Fat Milk
- 1% Low-fat Milk

- Campbell's Tomato Soup
- Baja Beans
- Brown Rice
- Sliced Fresh Strawberries
- Fresh Red and Green Seedless
  - Creamy Caesar Dressing
- Fresh Cauliflower Florets Grapes Small Caesar Salad Fresh Carrots
  - Chocolate Low Fat Milk 1% Low-fat Milk

Teriyaki Glazed Chicken

Seasoned Black Beans

- Brown Rice Turkey & Cheese Sandwich
- Brown Rice Seasoned Broccoli

Fresh Banana

- Fresh Red and Green Seedless •
- Small Caesar Salad Creamy Caesar Dressing
- Chocolate Low Fat Milk • 1% Low-fat Milk

Jumbo Crispy Chicken Tenders •

Sliced Fresh Strawberries

Creamy Caesar Dressing

Chocolate Low Fat Milk

- Hawaiian Roll Turkey & Cheese Sandwich Baja Beans
- Brown Rice Italian Vegetables
- Fruit Cocktail

1% Low-fat Milk

Small Caesar Salad

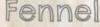
Fresh Carrots

- **Turkey Nachos**
- Sunbutter & Grape Jelly Sandwich
- Southwest Tofu Brown Rice
- Mexican Style Pinto Beans Fresh Granny Smith Apple
- Grapes Corn & Black Bean Salsa Salad
- Small Caesar Salad
- Creamy Caesar Dressing Chocolate Low Fat Milk

- - **Toasty Cheese Sandwich**
- Crunchy Very Berry Parfait
- French Fries
- Fruit Cocktail



1% Low-fat Milk







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If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29, White Milk: \$0.60, Chocolate Milk: \$0.65

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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