

Spice It Up

December 2025

Naheed Chaman Elementary Lunch

MONDAY

1

- 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

2

- Turkey Nachos
- Salsa
- 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

WEDNESDAY

3

- Toasty Cheese Sandwich
- Campbell's Tomato Soup
- Hummus & Veggie Bento Box
- Seasoned Black Beans
- Brown Rice
- French Fries
- Fresh Orange Wedges
- Fruit Cocktail
- Fresh Carrots
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

THURSDAY

4

- Orange Chicken
- Brown Rice
- 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

FRIDAY

5

- 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

9

- 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

15

- Jumbo Crispy Chicken Tenders
- Hawaiian Roll
- Turkey & Cheese Sandwich
- Baja Beans
- Brown Rice
- Italian Vegetables
- Sliced Fresh Strawberries
- Fruit Cocktail
- Fresh Carrots
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

16

- Turkey Nachos
- Salsa
- Sunbutter & Grape Jelly Sandwich
- Southwest Tofu
- Brown Rice
- Mexican Style Pinto Beans
- Fresh Granny Smith Apple
- Fresh Red and Green Seedless Grapes
- Corn & Black Bean Salsa Salad
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

17

- Toasty Cheese Sandwich
- Campbell's Tomato Soup
- Crunchy Very Berry Parfait
- Baja Beans
- Brown Rice
- French Fries
- Sliced Fresh Strawberries
- Fruit Cocktail
- Fresh Cauliflower Florets
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

18

- Teriyaki Glazed Chicken
- Brown Rice
- Turkey & Cheese Sandwich
- Seasoned Black Beans
- Brown Rice
- Seasoned Broccoli
- Fresh Banana
- Fresh Red and Green Seedless Grapes
- Fresh Carrots
- Small Caesar Salad
- Creamy Caesar Dressing
- Chocolate Low Fat Milk
- 1% Low-fat Milk

19

- Classic Cheese Pizza
- Pear Crisp
- Sunbutter & Grape Jelly Sandwich
- Baja 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

Rosemary

Fennel

22



23



24



25



26



29



30



31



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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