Kramer Middle School Lunch Menu — November 30 – December 4

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
International	**Burrito or Hard Shell Taco** Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Ukranian Chicken w/ Whole Grain Garlic Bun	**Burrito, Salad Bowl or Nachos** Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	**Chicken Lettuce Wraps** **Lo Mein Noodles** Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	PD Day
Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	Homemade Cheese Pizza on Whole Grain Crust	No School
Grill	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	
Outtakes	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	
Sides	Sweet Potato Mash Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing Fresh Pear Assorted Fruit	
Deli	**Start With**: Assorted Whole Grain Breads, Rolls, & Wraps **Add**: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad **Top With:** Mustard, Mayo, Salad Dressing **Finish With**: Lettuce, Tomato, Sliced Red Onions				
Salad	**Start With**: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				

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Kramer Middle School Lunch Menu — December 7 – 11

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
International	**Burrito or Hard Shell Taco** Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Whole Grain Spaghetti w/ Beef Meatballs	**Burrito, Salad Bowl or Nachos** Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	**Chicken Lettuce Wraps** **Lo Mein Noodles** Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Pescada a la Mexicana *(Mexican Style Baked Fish)* w/Spanish Brown Rice*
Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
Grill	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
Outtakes	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings	Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
Sides	Roasted Broccoli Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit	Green Beans Italiano Fresh Celery Sticks w/Light Dressing Pineapple Cup Assorted Fruit	Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange Assorted Fruit	Baked Beans Fresh Homemade Confetti Cole Slaw Fresh Banana Assorted Fruit	Mexican Corn Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit
Deli	**Start With**: Assorted Whole Grain Breads, Rolls, & Wraps **Add**: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad **Top With:** Mustard, Mayo, Salad Dressing **Finish With**: Lettuce, Tomato, Sliced Red Onions				
Salad	**Start With**: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				

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Kramer Middle School Lunch Menu — December 14 -18

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
International	**Burrito or Hard Shell Taco** Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Spicy Asian Chicken w/Brown rice	Glazed Turkey Ham Cornbread Cranberry Sauce	**Chicken Lettuce Wraps** **Lo Mein Noodles** Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Korean Bibimbap Chicken w/Ginger Lime Brown Rice
Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
Grill	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
Outtakes	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
Sides	Local Country Collard Greens Fresh Celery Sticks w/Light Dressing Fresh Local Apple Assorted Fruit	Glazed Carrots Fresh Broccoli w/Light Dressing Pineapple Cup Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Cucumber Coins Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Broccoli w/Light Dressing 100% Grape Juice Assorted Fruit
Deli	**Start With**: Assorted Whole Grain Breads, Rolls, & Wraps **Add**: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad **Top With:** Mustard, Mayo, Salad Dressing **Finish With**: Lettuce, Tomato, Sliced Red Onions				
Salad	**Start With**: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				

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Kramer Middle School Lunch Menu — December 21 -25

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
International	HAPPY HOLIDAYS!!				
Pizza					
Grill					
Outtakes		NO SCHOOL			
Sides					
Deli					
Salad					

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