

BREAKFAST

All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk. *Optional breakfast is cereal, crackers, fruit & milk.

DECEMBER 2023

Cascade Union Elementary School District Tree of Life

LUNCH

All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit & vegetables

Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST: 4
SAUSAGE, EGG & CHEESE BISCUIT
FRUIT
LUNCH:
FRENCH TOAST & SAUSAGE
HASHBROWN
FRUIT

BREAKFAST: 5
BISCUIT & GRAVY
FRUIT
LUNCH:
CHICKEN, RICE & BEAN BURRITO
CARROTS
FRUIT

BREAKFAST: 6
HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH:
SPAGHETTI & ROLL
SALAD
FRUIT

REAKFAST: 7
EGGS & TOAST
FRUIT
LUNCH:
MEATLOAF
SUN CHIPS
MASHED POTATOES & FRUIT

BREAKFAST: 1
PANCAKES
FRUIT
LUNCH:
CHICKEN PATTY SANDWICH
VEGGIES & RANCH
FRUIT

BREAKFAST: 11
BISCUIT & GRAVY
FRUIT
LUNCH:
CHICKEN QUESADILLA
REFRIED BEANS, SALSA
FRUIT

BREAKFAST: 12
EGGS & TOAST
FRUIT
LUNCH:
EGG MCMUFFIN
HASHBROWNS
FRUIT

BREAKFAST: 13
HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH:
MAC & CHEESE
GREEN BEANS
FRUIT

REAKFAST: 14
FRUIT & YOGURT PARFAIT
LUNCH:
LOADED POPCORN CHICKEN BOWL
CARROTS
FRESH FRUIT

BREAKFAST: 15
PANCAKES
FRUIT
LUNCH:
PIZZA
SALAD & FRUIT
BIRTHDAY TREAT

BREAKFAST: 18
SAUSAGE, EGG & CHEESE BISCUIT
FRUIT
LUNCH:
HOMEMADE
BEAN & CHEESE BURRITO
CARROTS & FRUIT

BREAKFAST: 19
HOMEMADE MUFFIN
STRING CHEESE & FRUIT
LUNCH:
ORANGE CHICKEN & RICE BOWL
BROCCOLI
FRUIT

BREAKFAST: 20
FRUIT & YOGURT PARFAIT
LUNCH:
TURKY GRAVY
MASHED POTATOES
ROLL & FRUIT

21
NO SCHOOL

22
NO SCHOOL

25

26

27

28

29

Winter Break- No School

Menus are subject to change
This institution is an equal opportunity provider.

Happy Birthday to everyone with a birthday in December!
Birthday treat comes with hot lunch only.