



Dec 21th
Through
Jan 2

December 2022/January 2023

**Oak Valley Elementary
Jonata Middle School**



Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST

FREE FOR ALL STUDENTS

Whole grain breakfasts, served with fruit, and 1% or Fat-Free milk

MUST take 3 items - MUST take AT LEAST 1/2 cup of Fruit - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk

Cereal Milk and Fresh Fruit	Whole Grain Muffin Milk and Fresh Fruit	Mini Cinnis Milk and Fresh Fruit	Whole Grain Muffin Milk and Fresh Fruit	Cereal Milk and Fresh Fruit
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LUNCH

FREE FOR ALL STUDENTS

We offer 5 components at lunch: Meat, Grain, Fruit, Vegetables, and Milk


MUST take AT LEAST 3 componenets - 1 component MUST be AT LEAST 1/2 cup fruit OR 1/2 cup Vegetable - MAY take up to 2 different vegetables - MAY take 1 Fat-Free or 1% milk

			12/1 Chicken Drumstick w/ Buttered Noodles	12/2 Chili Mac w/ Cornbread
12/5 Chicken, Mashed Potatoes & Roll	12/6 Corn Dog	12/7 Pepperoni Pizza	12/8 Chicken Pozole w/ Tortilla Chips	12/9 Nachos
12/12 Chicken Alfredo	12/13 Chicken Drumstick w/ Buttered Noodles	12/14 Green Chile & Cheese Tamale	12/15 Chicken Sandwich	12/16 Chili Mac w/ Cornbread
12/21 12/26	12/22 12/27	12/23 12/28	12/24 12/29	12/25 12/30



WINTER BREAK



1/2 No School	1/3 Corn Dog	1/4 Pepperoni Pizza	1/5 Peanut Butter & Jelly	1/6 Bean & Cheese Burrito
1/9 Bean & Cheese Burrito	1/10 Corn Dog	1/11 Pepperoni Pizza	1/12 Chicken Pozole w/ Tortilla Chips	1/13 Nachos
1/16 	1/17 Chicken Sandwich	1/18 Green Chile & Cheese Tamale	1/19 Chicken Drumstick w/ Buttered Noodles	1/20 Chili Mac w/ Cornbread
1/23 Chicken, Mashed Potatoes & Roll	1/24 Corn Dog	1/25 Pepperoni Pizza	1/26 Chicken Pozole w/ Tortilla Chips	1/27 Nachos
1/30 Chicken Alfredo	1/31 Chicken Drumstick w/ Buttered Noodles			

Menu is subject to change without notice. This institution is an equal opportunity provider. Breakfast and lunch FREE for all students! ¡Desayuno y almuerzo GRATIS para todos los estudiantes!