

DECEMBER 2021 MENU



GOURMET EXPRESS (404)371-4566

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		<p><u>Breakfast</u> Blueberry Muffins Whole Plums 100% Fruit Juice</p> <p><u>Lunch</u> Mango BBQ Beef Meatballs Brown Rice Mixed Vegetables Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Granola Bars Apple Sauce String Cheese</p> <p><u>Lunch</u> Teriyaki Chicken W/ Asian Noodles Whole Wheat Noodles Green Beans Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Wheat Cheerios Cereal Banana 100% Fruit Juice</p> <p><u>Lunch</u> Grilled Chicken Salad Sandwich Whole Wheat Bread Baby Carrots Diced Pears Milk</p>
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
<p><u>Breakfast</u> Nutri-Grain Bars Diced Peaches 100% Fruit Juice</p> <p><u>Lunch</u> Beef Hamburgers Whole Wheat Bun Three Bean Vegetables Apple Sauce Milk</p>	<p><u>Breakfast</u> Chex Rice Cereal Fresh Watermelon</p> <p><u>Lunch</u> Creamy Chicken Alfredo Pasta Whole Wheat Pasta Vegetable Medley Mandarins Milk</p>	<p><u>Breakfast</u> Cinnamon Pastry Rolls Apple Sauce 100% Fruit Juice</p> <p><u>Lunch</u> Tex Mex Turkey Soft Taco Wheat Tortillas Lettuce & Cheese Steamed Corn Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Special K Pastry Crisps Whole Plum 100% Fruit Juice</p> <p><u>Lunch</u> Coconut Curried Chicken Yellow Rice Pinto Beans Oranges Wedges Milk</p>	<p><u>Breakfast</u> Special K Pastry Crisps Whole Apples</p> <p><u>Lunch</u> Turkey & Cheese Sandwich Whole Wheat Bread Grape Tomatoes Diced Peaches Milk</p>

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MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
<p><u>Breakfast</u> Whole Wheat Chex Mix Apple Sauce 100% Fruit Juice</p> <p><u>Lunch</u> Santa Fe Chicken Pasta Salad Whole Wheat Pasta Celery Sticks Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Raisin Bran Cereal Banana</p> <p><u>Lunch</u> Beefy Mack (w/wheat noodles) Garden Salad W/ Dressing Diced Pears Milk</p>	<p><u>Breakfast</u> Mini Bagel/Cream Cheese or Jelly Diced Peaches 100% Fruit Juice</p> <p><u>Lunch</u> Garlic & Herb Chicken Legs Brown Rice Pilaf W/ Peppers California Blend Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Granola Bars Low Fat Yogurt</p> <p><u>Lunch</u> Rotini Pasta w/ Beef Meatballs Whole Wheat Pasta Green Peas Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Mini Choco Pull Apart Rolls Apple Slices 100% Fruit Juice</p> <p><u>Lunch</u> Cajun Chicken Salad Wrap Whole Wheat Tortilla Baby Carrots Diced Peaches Milk</p>
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<p>WINTER BREAK</p>	<p>WINTER BREAK</p>	<p>WINTER BREAK</p>	<p>WINTER BREAK</p>	<p>WINTER BREAK</p>

DECEMBER 2021 MENU

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK

Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.