

MOA Menu – December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
11/28 Country Fried Steak Mashed Potatoes Green Beans 1% Milk	11/29 Beef & Bean Burrito, Seasoned Black Beans, Buttered Carrots 1% Milk	11/30 Mozzarella Stuffed Breadsticks Caesar Salad Green Beans 1% Milk	12/01 Beef Spaghetti & Meat sauce Broccoli & Cauliflower Buttered Corn 1% Milk	12/02 Chicken Fried Chicken Sandwich Buttered Carrot Burger Fixins 1% Milk
12/05 Smothered Meatballs & Gravy Mashed Potatoes Broccoli Florets Dinner Roll, 1% Milk	12/06 Beef & Cheese Taco Roll-up, Beans, Buttered Carrots 1% Milk	12/07 Cheesy French Bread Pizza Caesar Salad Green Beans 1% Milk	12/08 Filet of Fish Buttered Corn Rice Pilaf, Broccoli, 1% Milk	12/09 Country Fried Steak Sandwich Baked Beans Buttered Carrots 1% Milk
12/12 Crispy Chicken Nuggets Mashed Potatoes Buttered Carrots 1% White Milk	12/13 Beef Soft Tacos Refried Beans Shredded Lettuce Salad 1% Milk	12/14 Turkey Pepperoni Calzone Caesar Salad Buttered Corn 1% Milk	12/15 Oven fried Chicken, Green Beans, Pinto Beans, 1% Milk	12/16 Beef Steak Burger Potato Wedges Buttered carrots 1% Milk
12/19 Country Fried Steak Mashed Potatoes Green Beans 1% Milk	12/20 Beef & Bean Burrito, Seasoned Black Beans, Buttered Carrots 1% Milk	12/21 Mozzarella Stuffed Breadsticks Caesar Salad Green Beans 1% Milk	12/22 Beef Spaghetti & Meat sauce Broccoli & Cauliflower Buttered Corn 1% Milk	12/23 Christmas Break
12/26 Christmas Break	12/27 Beef & Cheese Taco Roll-up, Beans, Buttered Carrots 1% Milk	12/28 Cheesy French Bread Pizza Caesar Salad Green Beans 1% Milk	12/29 Filet of Fish Buttered Corn Rice Pilaf, Broccoli, 1% Milk	12/30 New Year's Eve Break

Breakfast:
 M: Quiche, Fresh Bananas, 1% Milk
 T: Buttered Toast, Fresh Apples, 1% Milk
 W: Quiche, Fresh Oranges, 1% Milk
 Th: French Toast, Fresh Pears, 1% Milk
 F: Potato Quiche, Fresh Apples, 1% Milk

PM Snacks:
 M: Whole Grain Crackers & Sliced Cheese
 T: Whole Grain Fish Crackers & Cheddar Cheese
 Stick
 W: Cheese Sandwiches
 Th: Whole Grain Crackers & Mozzarella String
 Cheese
 F: Cheese Its & Marble Jack Cheese Stick