

DECEMBER 2022

North Cedar Mechanicsville Lunch Menu

Dec 1-2: Sub Sandwich
Dec 5-9: Knight Bites
Dec 12-16: Sub Sandwich
Dec 19-22: Yogurt Parfait



Monday

Tuesday

Wednesday

Thursday

Friday



5
Corn Dog on Stick or
Hot Dog on WG Bun
Baked Beans, Chips, K, M, BBQ,
Onions, Applesauce
Pineapple, Fruit of Choice
Fresh Veggies, Milk of Choice

12
Cheese or Pepperoni Pizza
Broccoli and Cheese Sauce
Ice Cream
Applesauce, Mandarin Oranges
Fruit of Choice, Fresh Veggies
Milk of Choice

19
Orange Chicken
Brown Rice
Broccoli, Fortune Cookie
S&S Sauce, Applesauce
Pineapple, Fruit of Choice
Fresh Veggies, Milk of Choice

26
No School
Winter Break

6
Carved Pit Ham
Roasted Parmesan Potatoes
Green Bean Casserole, Dinner Roll
Red and Green Gelatin, Applesauce
Fresh Veggies
Milk of Choice
Chocolate or Banana Crème Pie

13
Hard or Soft Shell
Beef Taco, Refried Beans
Salsa, Sour Cream
Shredded Cheese and Lettuce
Applesauce, Mandarin Orange
Fruit of Choice, Fresh Veggies
Milk of Choice

20
Sloppy Joes on WG Bun
Tater Coins, Carrots
K, M, BBQ, Onion, Pickle
Applesauce, Mandarin Oranges
Fruit of Choice, Fresh Veggies
Milk of Choice

27

7
Spaghetti
Cheese Stick, Green Beans
Parmesan Cheese
Applesauce, Tropical Fruit
Fruit of Choice, Fresh Veggies
Milk of Choice

14
BBQ Rib or Pulled BBQ
Chicken on WG Bun
Oven Fries, K, M, BBQ, Pickle
Applesauce, Slushie
Fruit of Choice, Fresh Veggies
Milk of Choice

21
Chicken Alfredo
Green Beans, Breadstick
Parmesan Cheese
Applesauce, Pears
Fruit of Choice, Fresh Veggies
Milk of Choice

28

1
Homemade Chili
or Chicken Noodle Soup
Saltine Crackers, Cinnamon Roll
Applesauce, Fruit Cocktail
Fruit of Choice
Fresh Veggies, Milk of Choice

8
Popcorn Chicken
Oven Fries, Tiger Grahams
K, M, BBQ, Honey Mustard
Applesauce, Mandarin Oranges
Fruit of Choice, Fresh Veggies
Milk of Choice

15
Homemade Lasagna
Garlic Knot, Green Beans
Parmesan Cheese
Applesauce, Tropical Fruit
Fruit of Choice, Fresh Veggies
Milk of Choice

22
Mini Corn Dogs or
Cheddarwurst on WG Bun
K, M, Onion, Baked Beans
Sugar Cookie, Chips
Applesauce, 2 Fruits of Choice
Fresh Veggies, Milk of Choice

29

2
Savory Breaded
Chicken Breast on WG Bun
Sweet Potatoes, Chips
K, M, BBQ, Honey Mustard
Pickle, Onion, Applesauce
2 Fruits of Choice, Fresh Veggies
Milk of Choice

9
Hamburger on WG Bun
Baked Beans, Chips, Bacon
Cheese, Onion, K, M, BBQ
Applesauce, 2 Fruits of Choice
Fresh Veggies
Milk of Choice

16
Breaded Chicken Patty
or Spicy Chicken Patty on WG Bun
Peas & Carrots, Chips
K, M, BBQ, Honey Mustard, Mayo
Shredded Lettuce, Onion
Applesauce, 2 Fruits of Choice
Fresh Veggies, Milk of Choice

23
No School

30