

# Menus

School: Cowgill R-VI School  
 Meal: All  
 Month: December 2022

Academic Year: 2022-23

December				
M	Tu	W	Th	F
28 <b>Breakfast:</b> Granola & Yogurt Juice or Fruit Milk <b>Lunch:</b> Shrimp, Macaroni & Cheese, Peas & Pineapple	29 <b>Breakfast:</b> Eggs & Toast Juice or Fruit Milk <b>Lunch:</b> Chicken Sandwich, Carrots & Mandarin Oranges	30 <b>Breakfast:</b> Oatmeal Juice or Fruit Milk <b>Lunch:</b> Meatloaf, Mixed Veggies, Roll & Peaches	1 <b>Breakfast:</b> Egg & Cheese Biscuit Juice or Fruit Milk <b>Lunch:</b> Grilled Cheese Sandwich, Potato Soup & Applesauce	2 <b>Breakfast:</b> Cook's Choice Juice or Fruit Milk <b>Lunch:</b> Unrustable, Chips, Banana & Treat
5 <b>Breakfast:</b> Granola & Yogurt Juice or Fruit Milk <b>Lunch:</b> Corn dog, BBQ Beans & Peaches	6 <b>Breakfast:</b> Eggs & Toast Juice or Fruit Milk <b>Lunch:</b> Tuna Casserole, Peas & Pears	7 <b>Breakfast:</b> Eggs & Toast Juice or Fruit Milk <b>Lunch:</b> Burrito, Corn, String Cheese & Mandarin Oranges	8 <b>Breakfast:</b> Donuts Juice or Fruit Milk <b>Lunch:</b> Christmas Dinner Chicken Gnocchi Soup, Raw Veggies, Breadstick, Applesauce & Oatmeal Cake	9
12 <b>Breakfast:</b> Granola & Yogurt Juice or Fruit Milk <b>Lunch:</b> Meatball, Sub, Green Beans & Peaches	13 <b>Breakfast:</b> Eggs & Toast Juice or Fruit Milk <b>Lunch:</b> Creamy Chicken Over Biscuit, Strawberries & Dessert	14 <b>Breakfast:</b> Oatmeal Juice or Fruit Milk <b>Lunch:</b> Taco Salad, Black Beans & Cinnamon Apples	15 <b>Breakfast:</b> Egg & Cheese Biscuit Juice or Fruit Milk <b>Lunch:</b> Chicken Strips, Carrots & Mandarin Oranges	16 <b>Breakfast:</b> Donuts Juice or Fruit Milk <b>Lunch:</b> Unrustable, Chips & Raisins
19 <b>Breakfast:</b> Granola & Yogurt Juice or Fruit Milk <b>Lunch:</b> Sweet & Sour Chicken, Broccoli, Rice & Pineapple	20 <b>Breakfast:</b> Eggs & Toast Juice or Fruit Milk <b>Lunch:</b> Cheeseburger, Tri-Tater & Peaches	21 <b>Breakfast:</b> Eggs & Toast Juice or Fruit Milk <b>Lunch:</b> Pizza Party, Applesauce & Cookie  "The USDA is an equal opportunity provider and employer."	22	23
26	27	28	29	30