

Marble Falls ISD
 007 - Falls Career High/Epic
LUNCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 Sriracha Honey Chicken Mac & Cheese PBJ Asst. Uncrustable 5.3oz Power Pack Peas Fresh Medley Cool Tropics Slush Variety Fresh Fruit Confetti Cake Cookie Fat Free Chocolate Milk Low Fat Milk Ranch Dressing Sweet & Sour Sauce
Dec - 4 Cheese Burger Sloppy Joe PBJ Grape Uncrustable 5.3 Turkey & Cheese Sub Tater Tots Burger Salad Peaches, Diced - Cup Sidekicks Frozen Variety 100% Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ketchup Mustard pc 2ea Mayonnaise Ranch Dressing	Dec - 5 Tamales Pretzel & Queso Cup PBJ Grape Uncrustable 5.3 Power Pack Garden Salad Black Beans 1/2c Mandarin Cups Applesauce Cup- Strawberry Ba Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Picante Sauce Ranch Dressing	Dec - 6 Pepperoni Pizza Nardone Lasagna Cheese Roll Up PBJ Grape Uncrustable 5.3 Power Pack Baby Carrots Seasoned Corn Pineapple Cups Sidekicks Frozen Variety 100% Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ranch Dressing	Dec - 7 Smoked Pork Sandwich Steak Fingers PBJ Asst. Uncrustable 5.3oz Power Pack Mashed Potatoes Cream Gravy Green Beans Applesauce Cup- Strawberry Ba Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ketchup Ranch Dressing Pickles BBQ Sauce	Dec - 8 Chicken Sweet & Sour Rice Fish Sticks PBJ Grape Uncrustable 5.3 Power Pack Tater Tots Baby Carrots Grapes IW Cool Tropics Slush Chocolate Cookie Hershey Fat Free Chocolate Milk Low Fat Milk Ketchup Sweet & Sour Sauce Tartar Sauce

**NA* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 11 Cheese Burger Sloppy Joe PBJ Grape Uncrustable 5.3 Turkey & Cheese Sub Tater Tots Burger Salad Peaches, Diced - Cup Sidekicks Frozen Variety 100% Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ketchup Mustard pc 2ea Mayonnaise Ranch Dressing	Dec - 12 Cheese Enchiladas Pretzel & Queso Cup PBJ Asst. Uncrustable 5.3oz Power Pack Garden Salad Bush's Chili Beans 1/2c Mandarin Cups Rosy Applesauce Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Picante Sauce jalepeno's Ranch Dressing	Dec - 13 PizzaBoli Cheese Calzone Meatball Sub w/ Marinara PBJ Asst. Uncrustable 5.3oz Power Pack Garden Salad Seasoned Corn Pineapple Cups Sidekicks Frozen Variety 100% Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk	Dec - 14 Meatloaf Steak Fingers PBJ Asst. Uncrustable 5.3oz Power Pack Mashed Potatoes Cream Gravy Green Beans Rosy Applesauce Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ketchup Cup Ranch Dressing BBQ Sauce	Dec - 15 Sriracha Honey Chicken Mac & Cheese PBJ Asst. Uncrustable 5.3oz Power Pack Tater Tots Fresh Medley Gala Apples Cool Tropics Slush Chocolate Pudding w/top Fat Free Chocolate Milk Low Fat Milk Ranch Dressing Sweet & Sour Sauce
Dec - 18 Frito Pie Chicken Burger PBJ Grape Uncrustable 5.3 Turkey & Cheese Sub Tater Tots Garden Dippers Peaches, Diced - Cup Sidekicks Frozen Variety 100% Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ketchup Mustard pc 2ea Mayonnaise Ranch Dressing	Dec - 19 Nachos Beef w/ Cheese Pretzel & Queso Cup PBJ Grape Uncrustable 5.3 Power Pack Garden Salad Black Beans 1/2c Mandarin Cups Applesauce Cup- Strawberry Ba Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Picante Sauce Ranch Dressing	Dec - 20 Pepperoni Pizza Nardone Lasagna Cheese Roll Up PBJ Grape Uncrustable 5.3 Power Pack Baby Carrots Seasoned Corn Pineapple Cups Variety Fresh Fruit Christmas Cookie Fat Free Chocolate Milk Low Fat Milk Ranch Dressing	Dec - 21 BBQ Chopped Beef Cheese Burger PBJ Grape Uncrustable 5.3 Power Pack Burger Salad Tater Tots Peaches, Diced - Cup Applesauce Cup- Strawberry Ba Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Ketchup Mustard pc 2ea Mayonnaise Ranch Dressing BBQ Sauce	Dec - 22

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