

BECKMAN CATHOLIC		DECEMBER LUNCH MENU			At least 80% of grains served are whole grain rich (WGR). The remaining grains are enriched.				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nov.28		Alternate Pizza Option Nov.29		Nov.30		Alternate Pizza Option 1		2	
Spaghetti and Meat Sauce		BBQ McRib on Bun		Homemade Sausage Pizza		Chicken Fajita		Chicken Nuggets	
Garlic Toast		Colossal Crisp Fries		Breadstick		Shr.Cheese/Shr.Lettuce/Sour Cream		Mac-n-Cheese	
Steamed Mixed Vegetables		Steamed Corn		Steamed Carrots		Refried Beans		Dinner Roll	
Salad Bar		Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Tortilla Chips/Salsa/Queso		Steamed Broccoli	
Fresh Fruit		Sliced Peaches		Mixed Fruit		Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar	
Diced Pineapple		Dessert of the Day		Dried Cranberries		Cinnamon Applesauce		Pear Halves	
5		Alternate Pizza Option 6		7		Alternate Pizza Option 8		9	
Orange Chicken		Corn Dog		Beef & Noodles		Chicken Patty on Bun		Soft Shell Taco	
Asian Seasoned Rice		Colossal Crisp Fries		Breadstick		Sunchips/Chip Variety		Shr.Cheese/Shr.Lettuce/Sour Cream	
Stir Fry Vegetables		Bush's Baked Beans		Steamed Peas		Steamed Carrots		Refried Beans	
Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Salad Bar		Fresh Fruit/Salad Bar		Tortilla Chips/Queso/Salsa	
Mandarin Oranges		Sliced Peaches		Fresh Fruit		Cinnamon Applesauce		Fresh Fruit/Salad Bar	
Texas Chocolate Cake		O'Henry Bar		Diced Apricots		Cookie		Sliced Pears	
12		Alternate Pizza Option 13		14		Alternate Pizza Option 15		Holiday Meal 16	
Chicken and Noodles		Weiner Wink		Chili with Crackers		BBQ Pork on Bun		Breaded Pork Chop	
Garlic Breadstick		Colossal Crisp Fries		Cinnamon Rolls		Baked Potato/Sour Cream		Mashed Potatoes & Gravy	
Steamed Peas		Steamed Green Beans		Steamed Corn		Steamed Broccoli		Dinner Roll	
Fresh Fruit/Salad Bar		Fresh Fruit		Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Steamed Corn/Salad Bar	
Mixed Fruit		Salad Bar/Diced Pineapple		Cinnamon Applesauce		Diced Peaches		Fresh Fruit/Sliced Pears	
Chocolate Pudding		Rice Krispie Treat		Dried Cranberries		Brownie		Holiday Sugar Cookie	
19		Finals - JH Only 20		Finals - JH Only 21		Finals - No BCHS Lunch 22		23	
Chicken Fettuccini Alfredo		Pizza Crunchers		Chicken Tenders		NO BECKMAN LUNCH		NO SCHOOL	
Garlic Breadstick		Breadstick/Marinara		Sunchips					
Steamed Broccoli		Steamed Green Beans		Dinner Roll					
Fresh Fruit		Fresh Fruit		Steamed Corn					
Sliced Peaches		Sliced Pears		Fresh Fruit					
Frozen Fruit Slushie		Cookie		Applesauce Cups					
26		27		28		29		30	
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	

Peanut Butter/String Cheese or Deli Ham/String Cheese or Deli Turkey/String Cheese are available as an alternate to the main entree every day!

We will offer a HOT pizza alternative entree item on Tuesdays and Thursdays - french bread pepperoni pizza or pizza crunchers with marinara

We will offer a fresh salad bar DAILY with Shredded or Chopped Lettuce and a variety of raw veggies (carrots, red & green peppers, celery, broccoli, cauliflower, etc.)

New for 22-23 School Year: We will have Farmtek Hilltop greens fresh leaf lettuce, cucumbers, and cherry tomatoes available on the salad bar too!

Each meal includes a choice of: 1% white milk or skim chocolate milk or skim white milk.

Some of the variety of fresh fruits we serve....strawberries, apples, grapes, watermelon, canteloupe, bananas, clementines, kiwi, blueberries, oranges, etc.

This institution is an equal opportunity provider