

# Cass Junior High School Lunch Menu

December 2021

## December is National Pear Month

Pears are a great source of fiber, vitamin C and potassium!

Did you know that pears change color from green to yellow as they ripen? Try a fresh pear at lunch!



1

Grilled Cheese Melt +  
BBQ Pork Riblet Sandwich  
M-Y-O Flatbread Pizza Kit +

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange  
100% Apple Juice

2

Cheese Pizza +  
Mini Corn Dogs ▲  
C.Ham & Cheese Sandwich ▲

Potato Wedges  
Seasoned Green Beans  
Baby Carrots

Apple  
Banana  
100% Fruit Juice

3

Chicken Patty  
Hamburger  
Muffin Snack Pack +

Tater Tots  
Sweet Golden Corn  
Cucumber Slices

Diced Fruit  
Orange  
100% Apple Juice

6

Mini Cinni Roll  
C.Sausage Patties ▲  
Chicken Tenders w/ Fluffy Biscuit  
Egg Chef Salad w/ Goldfish &  
Pretzel Rod +

Tater Tots  
Fresh Broccoli Florets

Pear  
Orange  
100% Apple Juice

7

Cheeseburger  
Pizza Sticks +  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Side Salad  
Baby Carrots

Applesauce  
Diced Fruit  
100% Fruit Juice

8

Corndog ▲  
Beef Soft Tacos  
M-Y-O Flatbread Pizza Kit +

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange  
100% Apple Juice

9

Chicken Nuggets w/  
Pretzel Rod  
Cheese Quesadilla +  
Tossed Salad w/ Cheese &  
FB Wedges +

Side Salad  
Seasoned Green Beans  
Baby Carrots

Apple  
Banana  
100% Fruit Juice

10

Hot Dog ▲  
Cheese Pizza +  
Muffin Snack Pack +

Tater Tots  
Sweet Golden Corn  
Cucumber Slices

Diced Fruit  
Orange  
100% Apple Juice

13

National Cocoa Day

Italian Cheesy Pull Aparts +  
Popcorn Chicken w/ Pretzel Rod  
Egg Chef Salad w/ Goldfish &  
Pretzel Rod +

Tater Tots  
Fresh Broccoli Florets

Pear  
Orange  
100% Apple Juice

14

Chicken Patty  
Mini Corn Dogs ▲  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Side Salad  
Baby Carrots

Applesauce  
Diced Fruit  
100% Fruit Juice

15

BBQ Pork Riblet Sandwich  
Grilled Cheese Melt +  
M-Y-O Flatbread Pizza Kit +

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange  
100% Apple Juice

16

Chicken Tenders w/ Fluffy Biscuit  
Cheeseburger  
Tossed Salad w/ Cheese &  
FB Wedges +

Seasoned Green Beans  
Side Salad  
Baby Carrots

Apple  
Banana  
100% Fruit Juice

17

Ntl Maple Syrup Day

French Toast Sticks w/ Syrup  
C.Sausage Patties ▲  
Cheese Pizza +  
Muffin Snack Pack +

Tater Tots  
Sweet Golden Corn  
Cucumber Slices

Diced Fruit  
Orange  
100% Apple Juice

20

No  
School

21

No  
School

22

No  
School

23

No  
School

24

No  
School

27

No  
School

28

No  
School

29

No  
School

30

No  
School

31

No  
School

## Lunch Price

Lunch is free for the 2021-2022 school year. Join us on Monday December 13<sup>th</sup> and try some chocolate pudding for National Cocoa Day

## Got Cocoa?

## Winter Break

December 20<sup>th</sup>-December 31<sup>st</sup>  
Have a safe and happy holiday!

HAPPY  
NEW YEAR