

December 2025

MLK Jr. Education Center Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
1	A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Fresh Red Apple 3/4 c. Baby Carrots Ranch	2	A: Beef Soft Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas B: Southwest Beef Fiestada 5.4 oz. Beef & Cheese w/ WG Tostada SIDES 1/2 c. Fresh Orange 3/4 c. Pinto Beans Taco Sauce	3	A: Pancake Brunch (2) Turkey Sausage (2) WG Pancakes 3/4 c. Hashbrowns B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust 3/4 c. Tater Tots SIDES 1/2 c. Fresh Banana Ketchup	4	A: Italian Spaghetti 3 oz. Ground Beef 1/4 c. Marinara Sauce 1 c. WG Spaghetti Noodles B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Cut Fruit 3/4 c. Broccoli	5	A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 3/4 c. Fresh Celery w/ Ranch
8	A: Cheeseburger 2.5 oz. Beef Patty .5 oz. American Cheese 2.05 oz. WW Hamburger Bun B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard SIDES 1/2 c. Fresh Red Apple 3/4 c. Sweet Potato Wedges	9	A: Chicken Fajita Bowl 2.5 oz. Chicken Fajita Strips 1 oz. Shredded Cheddar 1 c. Brown Rice B: Southwest Beef Fiestada 5.4 oz. Beef & Cheese w/ WG Tostada SIDES 1/2 c. Fresh Orange 3/4 c. Black Beans & Corn Taco Sauce	10	A: Boneless Chicken Wings (5) - BBQ Boneless Wings 1.1 oz WG Dinner Roll B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust SIDES 1/2 c. Fresh Cut Fruit 3/4 c. Garlic & Rosemary Potatoes Ketchup	11	A: Chicken Alfredo 3 oz. Chicken 1/4 c. Alfredo Sauce 1 c. WG Rotini Pasta B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Pear 3/4 c. Broccoli	12	A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 3/4 c. Fresh Carrots w/ Ranch
15	A: Chicken Nuggets (5) Chicken Nuggets 1.1 oz WG Dinner Roll BBQ Sauce B: Chicken Corndog 4 oz. Chicken Corn Dog SIDES 1/2 c. Fresh Orange 3/4 c. Sweet Potato Crinkle Fries Ketchup & Mustard	16	A: Walking Taco 3 oz. Seasoned Beef 1 oz. Nacho Cheese 2 oz. WG Dorito Chips B: Southwest Beef Fiestada 5.4 oz. Beef & Cheese w/ WG Tostada SIDES 1/2 c. Fresh Red Apple 3/4 c. Black Beans Taco Sauce	17	A: Popcorn Chicken Bowl (6) Popcorn Chicken 1 oz. Shredded Cheddar 1.1 oz WG Dinner Roll B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust 3/4 c. Potato Wedges SIDES 1/2 c. Fresh Banana 1/2 c. Mashed Potatoes & Gravy 1/4 c. Corn	18	A: Cheeseburger Mac 3 oz. Ground Beef & Cheese 1 c. WG Elbow Noodles B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Cut Fruit 3/4 c. Glazed Carrots	19	A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch
Happy Holidays		Happy Holidays		Happy Holidays		Happy Holidays		Happy Holidays	
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This institution is an equal opportunity provider.

Menu items are subject to change based on availability.

Choice of Milk: FF Chocolate, FF White or Lactose

