

# DECEMBER 2022 MENU

<b>Name : December 2022 Liberty Classical Academy Lunch Menu</b>		<b>Options Provided : Hot, Cold Meals &amp; Deli Salads</b>			
<b>Age Group : K-12 Grades</b>		<b>Meal : Lunch</b>			
<b>Week VI</b>	Chef Spotlight - Justin Kilmer, Warehouse Manager			Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	<b>Festive Vibes &amp; Food</b>			<b>Build Your Own Cheesy Nachos</b>	
	<p>I started getting more interested in trying and making food around the age of 12. I have always been very recipe oriented when it comes to cooking. Food magazines like Taste of Home or Gourmet, as well as cookbooks were very helpful in providing inspiration and useful information to me. Although I have many favorite recipes, I decided to share a simple yet satisfying vegetable side I've made numerous times for Thanksgiving or Christmas meals. The holidays are all about food and family!</p> <p>- Justin</p>			Seasoned Beef w/ Tortilla Chips Warm Cheddar Cheese Sauce, Cilantro & Crema Assorted Salad Bar Fruit of the Day	
Cold	Justin Kilmer's 'Roasted Maple - Ginger Root Vegetables' is on Page 2			Chicken Caesar Wrap	
<b>Week I</b>	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal		<b>Chicken Alfredo Penne</b>	<b>Mandarin Orange Chicken</b>	<b>Beef Fiesta Tostada</b>	
		Dinner Roll Assorted Salad Bar Fruit of the Day	Seasoned White Rice Assorted Salad Bar Fruit of the Day Fortune Cookie	Sour Cream & Cholula Assorted Salad Bar Fruit of the Day	
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
<b>Week II</b>	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
Hot Meal		<b>BBQ Joe Sandwich</b>	<b>Brunch Lunch</b>	<b>Sweet &amp; Sour Chicken</b>	
		Cheetos Assorted Salad Bar Fruit of the Day	Buttermilk Pancakes, Berries, Syrup & Margarine Cheesy Breakfast Tots & Ketchup Assorted Salad Bar Fruit of the Day	Steamed White Rice Assorted Salad Bar Fruit of the Day Fortune Cookie	
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
<b>Week III</b>	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
Hot Meal		<b>Beef Soft Shell Taco</b>	<b>Baked Cheesy Lasagna w/Red Sauce</b>	<b>Sesame Chicken Bowl</b>	
		Flour Tortilla, Shred Lettuce & Cheese Crema Assorted Salad Bar Fruit of the Day	Dinner Roll Assorted Salad Bar Fruit of the Day	Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
<b>Week IV</b>	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
Hot Meal		<b>Brunch Lunch</b>	<b>Spaghetti &amp; Sauce</b>	<b>Creamy Homemade Mac &amp; Cheese</b>	
		French Toast Sticks, Berries & Syrup Assorted Salad Bar Fruit of the Day	Garlic Roll Assorted Salad Bar Fruit of the Day	Dinner Roll Assorted Salad Bar Fruit of the Day	
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
<b>Deli Salads</b> (Vegetarian choices come with eggs in the place of chicken)		<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>	<b>Grilled Chicken Bistro Salad</b>	
		Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	
*** Cold meals are served with vegetables, fruit of the day & milk.					