



# Jamaica Elementary School Lunch Menu

December  
2022

Fresh Vegetable Choices and Seasonal Fruit  
are Offered Daily on the Fruit & Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b></p> <p>Chicken Parmesan w/Pasta or Ham Deli Sub or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>2</b></p> <p>Cheesebread Dunkers or Pretzel Bites w/Cheese or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>
<p><b>5</b> <b>Breakfast for Lunch</b></p> <p>Egg and Biscuit with Tater Tots or Chef Salad with Whole Grain Dinner or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>6</b></p> <p>Cheese Enchiladas or WG Chips, Salsa &amp; Cheese or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>7</b></p> <p>Beef Burger with French Fries or Chicken Salad Sliders or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>8</b></p> <p>Macaroni and Cheese or Chicken Caesar Salad or Whole Grain Dinner Roll or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>9</b></p> <p>Pepperoni Pizza or Pretzel Bites w/Cheese or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>
<p><b>12</b></p> <p>Grilled Cheese Sandwich or Turkey Deli Sub or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>13</b></p> <p>Chalupa or WG Chips, Salsa &amp; Cheese or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>14</b></p> <p>BBQ Chicken Breast Sandwich with French Fries or Ham Deli Sandwich or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>15</b></p> <p>Pasta with Meatballs or Chef Salad with Whole Grain Dinner Roll or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>16</b></p> <p>Cheese Pizza or Pretzel Bites w/Cheese or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>
<p><b>19</b></p> <p>Cheese Burger Sliders or Chicken Caesar Salad with Whole Grain Dinner or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>20</b></p> <p>Bean &amp; Cheese Burrito or WG Chips, Salsa &amp; Cheese or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>21</b></p> <p>Hotdog with French Fries or Turkey Deli Sub or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>22</b> <b>Christmas Roasted</b></p> <p>Turkey &amp; Gravy with Stuffing &amp; Cranberry Sauce or PB &amp; J Sandwich with Cheese Stick Daily Fruit &amp; Vegetable Bar 1% Milk</p>	<p><b>23</b> <b>Inservice for Staffs</b></p> <p>No School</p>
<p><b>26</b> <b>Winter Break</b></p> <p>No School</p>	<p><b>27</b> <b>WinterBreak</b></p> <p>No School</p>	<p><b>28</b> <b>Winter Break</b></p> <p>No School</p>	<p><b>29</b> <b>Winter Break</b></p> <p>No School</p>	<p><b>30</b> <b>Winter Break</b></p> <p>No School</p>

**PRICES**

Bottled Water	\$1.00
Extra Milk	\$0.80
Student Lunch	\$2.75
Reduced	\$0.40
Adult Lunch	\$4.60

**EXTRA INFO**

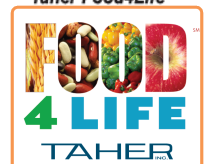
Chocolate or Skim milk is included  
with each meal.  
For questions or comments,  
contact the FSD Christopher Gallaga:  
taher.foodservice@lhUSD.org 928-854-5411

**HARVEST OF**



**THE MONTH**

Your MENUS plus more  
information on our app  
Taher Food4Life®



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.