

December 2022 Lunch Menu



SEBASTOPOLE CHARTER
A Public Waldorf School

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey-Ham or Cheese (V) Deli Sandwich	2 Cheese(V) or Pep Bosco Sticks
5 Bean & Cheese Burrito	6 Mini Burger Sliders or Veggie Burger (V)	7 Macaroni & Cheese	8 Turkey or Cheese (V) Deli Sandwich	9 Cheese Pizza
12 Beef Taco Snack or Bean & Cheese Burrito	13 Turkey-Ham or Cheese (V) Deli Sandwich	14 Corn Dog or PBJ Uncrustable	15 Turkey or Cheese (V) Deli Sandwich	16 Chicken Sandwich or Cheese Bosco Sticks
19	20	21	22	23
WINTER BREAK – NO SCHOOL				
26	27	28	29	30
WINTER BREAK – NO SCHOOL				

Meals Include 5 Food Items:
Protein (Meat/Meat Alternative)
Grain
Vegetable
Fruit
Milk

2 Item Entrees

(V) option's available daily

This menu is subject to change

Vegetable available daily
 - Veggie options may include carrots, celery, red and yellow bell peppers, jicama, broccoli, and cherry tomatoes



- 1/2c-3/4c Seasonal, dry, or cupped fruit with every meal
- 1/2c-3/4c Vegetable options daily
- Non-fat and 1% White Milk available daily

Meals prepared daily in WSCUHSD - Food Service Department Kitchens

This institute is an equal opportunity provider