



| Dec 2025 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Su       | M  | T  | W  | T  | F  | S  |
|          | 1  | 2  | 3  | 4  | 5  | 6  |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       | 29 | 30 | 31 |    |    |    |

| Jan 2026 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
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|          |    |    |    |    |    |    |

Managers Choice

## Saydel Lunch Winter

|        | Monday  | Tuesday  | Wednesday   | Thursday  |
|--------|---|--|---|---|
| Week 1 | Mike Bites Plain or Spicy w/ Marinara<br>Steamed Corn<br>Grape Tomatoes<br>Mandarin Oranges | Crispy Chicken on WG Bun<br>French Fries<br>Celery Stick<br>Diced Peaches                  | Cavatelli w/ Dinner Roll<br>Broccoli<br>Romaine Salad w/ Ranch<br>Froot Joose Mango | Stuff Crust Pizza Cheese or Pepperoni<br>Pork and Beans<br>Mixed Fresh Veggies<br>Mixed Fruit |
| Week 2 | Chicken Tenders Plain Or Spicy<br>Mashed Potatoes w/ Gravy<br>Grape Tomatoes<br>Diced Pears | Mini Corn Dogs<br>Baked Beans<br>Baby Carrots<br>Strawberry Cup                            | Chicken Alfredo w/ Dinner Roll<br>Steamed Broccoli<br>Caesar Salad<br>Sliced Pears  | Pizza Quesadilla<br>Potato Smiles<br>Mixed Fresh Veggies<br>Orange Burst Raisels              |
| Week 3 | Crispitos<br>Fiesta Beans<br>Zucchini & Squash<br>Apricots                                  | Loaded Mashed Potato Bowl w/ Dinner Roll<br>Steamed Corn<br>Grape Tomatoes<br>Apple Slices | Orange Chicken w/ Fried Rice<br>Steamed Cauliflower<br>Broccoli<br>Applesauce Cup   | Max Pizza<br>Cheese or Sausage<br>Green Beans<br>Mixed Fresh Veggies<br>Black CherryMoji      |

**Alternate Entrées :** Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily.

Choice of non-fat white, non-fat chocolate milk and water offered daily.

Whole fresh fruit offered daily in addition to the menued fruit. All whole grain products.

### Questions or Concerns?

Contact Eric at [greeneric@saydel.net](mailto:greeneric@saydel.net)

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### The 5 Components of a School Lunch



meat/meat  
alternate



grain



milk

#### Offer Vs. Serve

Choose  $\frac{1}{2}$  cup fruit,

or  $\frac{1}{2}$  cup vegetable,

or  $\frac{1}{2}$  cup combination,

and at least 2 other

components.

Choose all 5 for the best nutrition!



fruit



vegetable

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 Managers Choice

### Saydel Alternative Lunch

| Week 1  | Week 2  | Week 3  |
|---|---|---|
| <b>Turkey BLT Salad</b>                                     | <b>Rockin' Chicken Caesar Salad</b>                         | <b>Spicy Chicken Chef Salad</b>   |
| <b>Santa Fe Chicken Wrap</b>                                | <b>Buffalo Chicken Wrap</b>                                 | <b>Egg Bento Box -<br/>Hard Boiled Egg, Cheese Cubes<br/>Crave Crackers &amp; Veggies</b> |
| <b>PB&amp;J with String Cheese and WG Goldfish Crackers</b> | <b>PB&amp;J with String Cheese and WG Goldfish Crackers</b> | <b>PB&amp;J with String Cheese and WG Goldfish Crackers</b>                               |

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