



## West Michigan Academy of Environmental Science Elementary Lunch Menu December 10 - January 4

A full student lunch includes a choice of entrée supplying protein and grain, vegetable, fruit and choice of milk  
Milk choices include 1% white or fat free chocolate

**A cold salad/vegetable bar is available daily**

We feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>10</sup> Italian Spaghetti w Meat Sauce & Garlic Bread Roasted Squash Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>11</sup> Beefy Taco in Soft Tortilla with Cheese & Lettuce Mexicali Corn/Refried Beans Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>12</sup> Chicken Nuggets with Breadstick Seasoned Green Beans Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>13</sup> Pepperoni Calzone with Marinara Sauce Broccoli Cranberry Salad Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>14</sup> Roast Turkey in Gravy with Dinner Roll Mashed Potatoes Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar
<sup>17</sup> Italian Meatball Sub Sweet Potato Fries Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>18</sup> Walking Tacos with Beef, Lettuce & Cheese Corn, Black Bean Salad Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>19</sup> Asian Chicken with Brown Rice Peas and Carrots Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>20</sup> Pulled Pork on a WG Bun Baked Beans Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar	<sup>21</sup> Crispy Chicken Tenders with Breadstick Seasoned Corn Fresh Whole Fruit Asst. Chilled Fruit Fresh Salad/Veggie Bar
<sup>24</sup> NO SCHOOL	<sup>25</sup> NO SCHOOL	<sup>26</sup> NO SCHOOL	<sup>27</sup> NO SCHOOL	<sup>28</sup> NO SCHOOL
<sup>31</sup> NO SCHOOL	<sup>1</sup> NO SCHOOL	<sup>2</sup> NO SCHOOL	<sup>3</sup> NO SCHOOL	<sup>4</sup> NO SCHOOL
<b>Alternate Entrees</b> (available with daily hot vegetable offering, your choice[s] from our salad/vegetable bar, and choice of milk):				
Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger	PBJ Uncrustable with Applesauce Cup	American Hot Dog	Beef & Bean Chili with Crackers	Cheese Pizza



Go to [MyPlate.gov](http://MyPlate.gov) for online personal wellness resources for you and your family.

**Questions or comments?**  
Please call Kimberlee Cullimore Food Service Director at 616-791-7454

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