

# San Antonio Food Bank

025 - Promesa Academy

December 2022

K-5 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1  Fajita Chicken Taco Spanish Rice - 1/2 cup MEXICALI CORN, half BROCCOLI Apples, sliced w/cinna Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim	Dec - 2  Basil Penne Pasta Chi Baby Carrots APPLES,Fresh Lite Ranch Dressing Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim
Dec - 5  Chicken Parmesan w/ GREEN BEANS Pears in juice Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim	Dec - 6  Garlic Chicken Stir Fry Sliced Carrots BROCCOLI frz. 1/4 cu Brown Rice PINEAPPLE CHNKS Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim	Dec - 7  Enchiladas, Cheese, MEXICALI CORN, half Beans, pinto - 1/4 cup Spanish Rice - 1/4 cup PEACHES Milk, Skim Milk, Low Fat 1% Milk, Fat Free Chocolat	Dec - 8  Chicken Pot Pie PEAS & CARROTS Biscuit, Wht Wheat, Lo APPLESAUCE,SWEE Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim	Dec - 9  Deli Wrap Romaine Salad PEARS,FRESH Lite Ranch Dressing Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim
Dec - 12  Sandwich, Chicken, Br Potato, Tator Tots Carrots, frozen PEACHES KETCHUP Milk, Skim Milk, Fat Free Chocolat Milk, Low Fat 1%	Dec - 13  Chicken Curry & Rice PEAS PINEAPPLE CHNKS Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim	Dec - 14  Breaded Fish Nuggets, BROCCOLI Macaroni & Cheese APPLES,Fresh Milk, Skim Milk, Fat Free Chocolat Milk, Low Fat 1% KETCHUP	Dec - 15  Cheese Ravioli BREAD STICKS, Garli Zucchini Mandarin oranges lunc Milk, Skim Milk, Low Fat 1% Milk, Fat Free Chocolat	Dec - 16  Garden Salad w/Chick Mandarin oranges lunc Ranch Dressing Milk, Fat Free Chocolat Milk, Low Fat 1% Milk, Skim
Dec - 19  HOLIDAY	Dec - 20  HOLIDAY	Dec - 21  HOLIDAY	Dec - 22  HOLIDAY	Dec - 23  HOLIDAY
Dec - 26  HOLIDAY	Dec - 27  HOLIDAY	Dec - 28  HOLIDAY	Dec - 29  HOLIDAY	Dec - 30  HOLIDAY

This is an equal opportunity provider

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**