








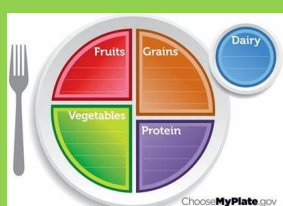
# December 2023 Lunch Menu



Elementary Lunch \$2.65  
High School Lunch \$2.90  
Adult Lunch \$4.10

Ms. Jillian Bergman, Director of Food Services  
717-933-4611 X1042 jbergman@tulpehocken.org

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MSHS</b> Chicken Patty Bar <b>Elem.</b> Chicken Patty Sandwich	Taco Bar Taco Bar	Pizza Bar Pizza	Burger Bar Burger Bar	Meatball Hoagie Meatball Hoagie
			<b>1) Cheesy Pizza</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggies w/ Hummus Assorted Fruits  <b>Elves arrive...</b>	
<b>4) Meatballs with Buttered Noodles &amp; Texas Toast</b> Steamed Peas & Carrot Fresh Veggie w/ Dip Assorted Fruits	<b>5) Egg, Bacon &amp; Cheese on a Croissant</b> Hash Browns Celery w/Peanut Butter Assorted Fruits	<b>6) Loaded Tator Tots with Seasoned Beef, Cheese &amp; Dinner Rolls</b> Steamed Carrots Fresh Veggies w/Dip Assorted Fruits	<b>7) HOLIDAY MEAL!</b> <b>Oven Roasted Ham</b> Dinner Roll w/ Marg. Mashed Potatoes—Elem. Potato Filling—HS Steamed Corn Pineapple Cranberry Sauce Sweet Holiday Treat	<b>8) Pizza Sticks with Dipping Sauce</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggie w/ Dip Assorted Fruits
				
<b>11) Pasta with Meat sauce &amp; a Breadstick</b> Steamed Green Beans Fresh Veggies w/Dip Assorted Fruits Cookie	<b>12) Popcorn Chicken Bowl</b> w/Mashed Potatoes, Corn, Cheddar Cheese & Gravy Dinner Roll Assorted Fruits	<b>13) NEW ITEM!</b> <b>Asian Dumplings filled with Chicken &amp; Veggies</b> Steamed Carrots Fresh Veggies w/Dip "Fortune" Fruit Cup	<b>14) French Toast Sticks</b> w/Syrup Tater Tots Sausage Celery w/Peanut Butter Assorted Fruits	<b>15) Cheesy Pizza</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggies w/Hummus Assorted Fruits  <b>Elves depart...</b> 
				
<b>18) Grilled Cheese Sandwich</b> Cream of Tomato Soup Fresh Veggies w/Dip Assorted Fruits	<b>19) Shrimp Poppers or Popcorn Chicken</b> <b>Soft Pretzel</b> Curly Fries Chickpea Salad Assorted Fruits	<b>20) Walking Taco w/ Meat, Cheese and Sour Cream</b> Steamed Corn Baby Carrots w/ Dip Assorted Fruits Churros	<b>21) Homemade Chicken Pot Pie w/ a Blueberry Muffin w/Marg.</b> Steamed Carrots Mixed Salad Greens w/ Tomatoes & Dressing Assorted Fruits	<b>22) Pizza Sticks with Dipping Sauce</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggie w/ Dip Assorted Fruits  <b>EARLY DISMISSAL</b>
<b>Schools Closed 12/25-1/1 for Winter Break</b>				



All meals include a choice of milk

Elementary— A peanut butter and jelly sandwich choice is available daily.  
High School—Boxed Salads and assorted cold sandwiches available daily

To view nutritional/allergy

information, make online payments & view your child's account log on to schoolcafe.com. For more info regarding the National School Lunch Program visit the Food Service Page at tulpehocken.org

This Institution is an equal opportunity provider.



## THE ELF VISITS THE CAFETERIAS!

SANTA IS SENDING AN ELF TO THE ELEMENTARY CAFETERIAS AGAIN THIS YEAR TO MAKE SURE EVERYONE IS EATING THEIR FRUITS AND VEGGIES! OUR ELVES WILL ARRIVE ON FRIDAY, DECEMBER 1ST AND STAY UNTIL FRIDAY, DECEMBER 15TH.

**TWO STUDENTS WILL BE CHOSEN AT EACH ELEMENTARY SCHOOL TO WIN A PRIZE FOR EATING THEIR FRUITS AND VEGGIES DURING THE MONTH OF DECEMBER!**