

DECEMBER

Signature Service



info@smartlunches.com | 1-888-25-SMART

FEATURED ITEMS:



**QUESA-RITO
W/BEANS & RICE (V)**



**CHEESY FRITTATA
W/TATER TOTS (V)**



PIZZA DIPPERS (V)



**TURKEY CHILI
W/RICE & BEANS (GF)**



**HUMMUS, PITA &
EDAMAME (V)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Caribbean Pork w/Rice & Beans (GF) Chicken Nuggets w/Ketchup Hot Dog on a Whole Wheat Bun Pizza Dippers (V) Quesa-Rito w/Rice & Beans (V) Hummus, Pita & Edamame (V)	04 Chicken Nuggets w/Ketchup Chicken Parmesan Mac & Cheese (V) Sweet & Sour Tofu w/Veggie Rice Turkey Chili w/Rice & Beans (GF) Caesar Salad w/Chicken	05 Cheeseburger Chicken Fried Rice (GF) Chicken Nuggets w/Ketchup Mac & Cheese (V) Pasta w/Meatballs Greek Chopped Salad (V)	06 Baked Potato w/Veggie Chili (GF, V) Cheesy Frittata & Tater Tots (V) Chicken Nuggets w/Ketchup Penne Marinara (V) Turkey Meatball Sub Chicken Caesar Dippers	07 Chicken Nuggets w/Ketchup Fish Sticks and Ketchup Pasta w/Meatballs Pizza Dippers (V) Quesa-Rito w/Rice & Beans (V) BLT Salad w/Chicken (GF)
10 Chicken Nuggets w/ Ketchup Fish Sticks and Ketchup Pasta w/Meatballs Sweet & Sour Tofu w/Veggie Rice (GF, V) Turkey Chili w/Rice & Beans (GF) Bagel w/Cream Cheese & Jelly (V)	11 BBQ Pulled Pork Burrito Cheesy Frittata & Tater Tots (V) Chicken Fried Rice (GF) Chicken Nuggets w/Ketchup Quesa-Rito w/Rice & Beans (V) Hummus, Pita & Edamame (V) Greek Chopped Salad (GF, V)	12 Caribbean Pork w/Rice & Beans (GF) Chicken Nuggets w/Ketchup Chicken Parmesan Hot Dog on Whole Wheat Bun Mac & Cheese (V) Caesar Salad w/Chicken	13 Baked Potato & Veggie Chili (GF, V) Chicken Nuggets w/Ketchup Hamburger Pasta w/Meatballs Pizza Dippers (V) BLT Salad w/Chicken (GF)	14 Cheeseburger Chicken Nuggets w/Ketchup Mac & Cheese (V) Penne Marinara Quesa-Rito w/Rice & Beans (V) Turkey Meatball Sub Chicken Ceasar Dippers
17 Caribbean Pork w/Rice & Beans (GF) Chicken Nuggets w/Ketchup Hot Dog on a Whole Wheat Bun Pizza Dippers (V) Quesa-Rito w/Rice & Beans (V) Hummus, Pita & Edamame (V)	18 Chicken Nuggets w/Ketchup Chicken Parmesan Mac & Cheese (V) Sweet & Sour Tofu w/Veggie Rice Turkey Chili w/Rice & Beans (GF) Caesar Salad w/Chicken	19 Cheeseburger Chicken Fried Rice (GF) Chicken Nuggets w/Ketchup Mac & Cheese (V) Pasta w/Meatballs Greek Chopped Salad (V)	20 Baked Potato w/Veggie Chili (GF, V) Cheesy Frittata & Tater Tots (V) Chicken Nuggets w/Ketchup Penne Marinara (V) Turkey Meatball Sub Chicken Caesar Dippers	21 Chicken Nuggets w/Ketchup Fish Sticks and Ketchup Pasta w/Meatballs Pizza Dippers (V) Quesa-Rito w/Rice & Beans (V) BLT Salad w/Chicken (GF)
24 	25 	26 <h1>YIPPEE! WINTER BREAK</h1>	27 	28 
31 				

(V) = VEGETARIAN (GF) = GLUTEN FREE

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