

**Melba School District**  
**003 - MELBA HIGH SCHOOL**  
**Dec 2022**  
**MID/HIGH**  
**2022**

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1  SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK	Dec - 2
Dec - 5  NACHOS or MANDARIN CKN BROWN RICE BROCCOLI EGG ROLLS FRUIT MILK	Dec - 6  PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Dec - 7  FINGER STKS MASHED POTATOES GREEN BEANS CHICKEN GRAVY FRUIT FRESHLY BAKED BR MILK	Dec - 8  SALAD BAR or SLOPPY JOES FRENCH FRIES CARROT STICKS FRUIT MILK	Dec - 9
Dec - 12  NACHOS or Mini Corn Dogs MACARONI & CHEES BROCCOLI, raw FRUIT MILK	Dec - 13  PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Dec - 14  TURKEY AND GRAVY MASHED POTATOES GREEN BEANS FRUIT FRESHLY BAKED BR MILK	Dec - 15  SALAD BAR or TURKEY, HAM, BEEF COMBINATION SUB. CARROT STICKS POTATO CHIPS FRUIT MILK	Dec - 16
Dec - 19  NACHOS or CHEESEBURGER TATER TOTS FRUIT MILK CARROT STICKS	Dec - 20  PIZZA BAKED BEANS SALAD, GREEN FRUIT MILK	Dec - 21  CHICKEN SANDWICH POTATO CHIPS BROCCOLI, raw FRUIT MILK	Dec - 22  SALAD BAR or SPAGHETTI AND ME SALAD, GREEN FRESHLY BAKED BR FRUIT MILK	Dec - 23
Dec - 26	Dec - 27	Dec - 28	Dec - 29	Dec - 30

*\*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.**