



# DECEMBER | 2020

## Grab n Go Lunch ES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1	2	3	4
7 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	8 No School	9 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	10 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	11 Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go
14 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	15 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	16 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	17 Ham & Cheese Sandwich Grab n Go Turkey & Cheese Sandwich Grab n Go Hummus Grab n Go Protein Pack Grab n Go PB & J Grab n Go	18 No School
21	22	23	24	25
28	29	30	31	1

**\*Milk and Juice offered with all Grab n Go options**

1. Ham and Cheese Sandwich Grab n Go  
- Ham Sandwich  
- Potato Chips  
- Fruit Cup  
- Veggie Boat
2. Turkey and Cheese Sandwich Grab n Go  
- Turkey Sandwich  
- Potato Chips  
- Fruit Cup  
- Veggie Boat
3. Hummus Grab n Go  
- Hummus cup  
- Tortilla Chips  
- Fruit Cup  
- Veggie Boat
4. Protein Pack Grab n Go  
- 1 hardboiled egg  
- Jungle crackers  
- Fruit Cup  
- Veggie Boat
5. PB & J Grab n Go  
- PB & J  
- Goldfish  
- Cheese stick  
- Fruit Cup  
- Veggie Boat

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.