



December 2023

Friday, December 1, 2023		
Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef
	Sunbutter & Jelly Sandwich	Wheat, Soy
Lunch	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Meat Lover's Pizza	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Vegan Pinto Pozole W/ Tortilla Chips	Tomato, Soy

Monday, December 4, 2023			Tuesday, December 5, 2023			Wednesday, December 6, 2023			Thursday, December 7, 2023			Friday, December 8, 2023		
Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef
	Hard Boiled Egg W/ Muffin	Milk, Soy, Wheat, Egg		Breakfast Muffin	Wheat, Soy, Egg, Milk		Bagel W/ Cream Cheese	Wheat, Soy, Milk		Yogurt W/ Grahams	Wheat, Soy, Milk		Cherry Frudel	Wheat, Soy, Egg, Milk
Lunch	Hamburger	Beef, Wheat, Soy	Lunch	Bagel Kit	Wheat, Milk	Lunch	Pesto Caprece Salad	Wheat, Milk, Tomato	Lunch	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame	Lunch	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Pasta W/ Olive Oil & Cheese	Wheat, Milk		Chicken Parmesan W/ Pasta	Wheat, Soy, Milk, Tomato, Chicken		Veggie Chow Mein	Wheat, Soy, Egg, Sesame		Penne Pasta W/ Marinara & Mozzarella	Wheat, Milk, Tomato		Meat Lover's Pizza	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Vegan Spanish Beans W/ Rice	Tomato, Soy		Vegan Fried Rice	Soy, Sesame		Vegan Bean Burrito Bowl	Tomato, Soy		Vegan 3 Bean Chili W/ Tortilla Chips	Tomato, Soy		Myo Vegan Tacos	Soy

Monday, December 11, 2023			Tuesday, December 12, 2023			Wednesday, December 13, 2023			Thursday, December 14, 2023			Friday, December 15, 2023		
Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef
	Sunbutter & Jelly Sandwich	Wheat, Soy		Breakfast Muffin	Wheat, Soy, Egg, Milk		Bagel W/ Cream Cheese	Wheat, Soy, Milk		Apple Cinnamon Frudel	Wheat, Soy, Egg, Milk		Yogurt Berry Parfait & Muffin	Wheat, Egg, Milk, Soy
Lunch	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg	Lunch	Bagel Kit	Wheat, Milk	Lunch	Pasta Primavera	Wheat, Milk, Soy	Lunch	Cheese Ravioli W / Marinara Sauce	Egg, Milk, Wheat, Tomato	Lunch	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy		Beef Hot Dog	Wheat, Beef, Soy		Wet Beef Burrito	Wheat, Soy, Milk, Beef		Chicken Nuggets W/ Rice Pilaf	Chicken, Soy, Wheat, Milk, Egg		Meat Lover's Pizza	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Vegan Chickpea Tikka Masala	Tomato, Soy		Vegan Pinto Pozole W/ Tortilla Chips	Tomato, Soy		Vegan Spanish Beans W/ Rice	Tomato, Soy		Vegan Fried Rice	Soy, Sesame		Vegan Bean Burrito Bowl	Tomato, Soy

Monday, December 18, 2023			Tuesday, December 19, 2023			Wednesday, December 20, 2023			12/21			Friday, December 22, 2023		
Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef	Breakfast	Cereal	Wheat, Soy, Milk, Pork, Beef
	Breakfast Scones	Wheat, Soy, Egg, Milk		String Cheese And Mini Muffin	Milk, Wheat, Soy, Egg		Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk		Yogurt W/ Grahams	Wheat, Soy, Milk		Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy
Lunch	Chicken Burrito	Milk, Chicken, Wheat, Tomato	Lunch	Bagel Kit	Wheat, Milk	Lunch	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy	Lunch	Cheese Quesadilla	Wheat, Milk	Lunch	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy		Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame		Teriyaki Chicken W/ Rice & Veggies	Wheat, Soy, Chicken, Sesame		Chicken Noodle Soup	Wheat, Chicken			
	Vegan Red Beans & Rice	Tomato		Myo Vegan Tacos	Soy		Vegan Chickpea Tikka Masala	Tomato, Soy		Vegan Pinto Pozole W/ Tortilla Chips	Tomato, Soy			

Monday, December 25, 2023			Tuesday, December 26, 2023			Wednesday, December 27, 2023			Thursday, December 28, 2023			Friday, December 29, 2023		
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- Drinks
 - Nonfat Milk, 1% Milk

- ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.

- PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS

- VEGETARIAN
 - VEGAN

lunchmaster@nobhillcatering.com
 (650)596-8008
www.thelunchmaster.com