

# Malik Academy & Al Bustan December 2015

	<b>1 B.</b> Cereal w/Milk <b>L.</b> Rice & Chicken Kabob 3/4 Cup Hummus <b>S.</b> Fruit/Veg. & Yogurt or Cheese	<b>2 B.</b> Pancake/Waffel & Milk <b>L.</b> Grilled Cheese 3/4 Cup Fries <b>S.</b> Crackers & Milk	<b>3 B.</b> Bagel, Cheese & Milk <b>L.</b> 3/4 cup Green Peas & Rice White Beans <b>S.</b> Fr./Veg. & Yogurt or Cheese	<b>4 B.</b> Pancake/Waffle & Milk <b>L.</b> WW Cheese Pizza 3/4 cup Carrot <b>S.</b> Crackers & Milk
<b>7 B.</b> Pancake/Waffel & Milk <b>L.</b> Pasta & Nuggets (chicken wings for Malik campus) 3/4 cup broccoli <b>S.</b> Crackers & Milk	<b>8 B.</b> Cereal w/Milk <b>L.</b> Burger 3/4 Cup Hummus <b>S.</b> Fruit/Veg. & Yogurt or Cheese	<b>9 B.</b> Pancake/Waffel & Milk <b>L.</b> Turkey OR Tuna Sandwich 1/4 cup iceberg lettuce, 1/4 cup tomato, 1/4 cup cucumber <b>S.</b> Crackers & Milk	<b>10 B.</b> Bagel, Cheese & Milk <b>L.</b> Fava Beans (foul) & WW Pita Bread 3/4 cup corn <b>S.</b> Fr./Veg. & Yogurt or Cheese	<b>11 B.</b> Pancake/Waffle & Milk <b>L.</b> EARLY DISMISSAL LUCH WILL BE SERVED @ ALBUSTAN CAMPUS ONLY WW Cheese Pizza 3/4 Cup Carrot
<b>14 B.</b> Pancake/Waffel & Milk <b>L.</b> Fava Beans (foul) & WW Pita Bread 3/4 cup broccoli <b>S.</b> Crackers & Milk	<b>15 B.</b> Cereal w/Milk <b>L.</b> Chicken Alferado Pasta 3/4 Cup Hummus <b>S.</b> Fr./Veg. & Yogurt or Cheese	<b>16 B.</b> Pancake/Waffel & Milk <b>L.</b> Grilled Cheese Turkey OR Tuna Sandwich 1/4 cup iceberg lettuce, 1/4 cup tomato, 1/4 cup cucumbe <b>S.</b> Crackers & Milk	<b>17 B.</b> Bagel, Cheese & Milk <b>L.</b> Pasta & meatballs 3/4 cup of Corn <b>S.</b> Fruit/Veg. & Yogurt or Cheese	<b>18 B.</b> Pancake/Waffle & Milk <b>L.</b> WW Cheese Pizza 3/4 Carrot <b>S.</b> Crackers & Milk
<b>21</b> Pancake/Waffel & Milk <b>L.</b> Turkey OR Tuna Sandwich 3/4 cup broccoli <b>S.</b> Crackers & Milk	<b>22 B.</b> Cereal w/Milk <b>L.</b> Rice & Chicken Kabob 3/4 Cup Hummus <b>S.</b> Fruit/Veg. & Yogurt or Cheese	<b>23 B.</b> Pancake/Waffel & Milk <b>L.</b> WW Cheese Pizza 3/4 cup corn	<b>December Break</b>	

**All lunches will be served with grilled cheese sandwiches as a second choice, fresh 8 oz. 1% or skim milk and 1/2 cup of fruit (1cup for breakfast)**

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**B.** Breakfast

**L.** Lunch

**S.** Snack

**Menu subject to change at any time**

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