



# DECEMBER



week 1	Monday-4	Tuesday-5	Wednesday-6	Thursday-7	Friday-8
<b>breakfast</b>	Cereal, Peaches & Milk	Egg Sandwiches, Grapes & Milk	French Toast, Applesauce & Milk	Oatmeal, Bananas & Milk	English Muffins, Berries & Milk
<b>am snack</b>	Grapes, Pretzel Sticks & Milk	Yogurt, Granola & Water	Fruit Salsa, Pita Chips & Milk	Veggie Muffins & Milk	Apple Slices, Yogurt Dip & Water
<b>lunch</b>	Chicken Stir Fry, Rice, Mixed vegetable, M. Oranges, Milk	Beef Tacos w/ cheese, lettuce, pineapple & Milk	White Chicken Chili, Fruit Cocktail, Crackers & Milk	Turkey Sloppy Joes, Mixed Veggies, Pears & Milk	Sandwich Wraps, Sweet Potato Fries, Applesauce & Milk
<b>pm snack</b>	Chips, Salsa & Milk	MG Crackers, cheddar chunks & water	Veggies, Dip & Milk	Graham Crackers, Sweet Potato Dip & Water	Hummus, Pita Chips & Milk
week 2	Monday-11	Tuesday-12	Wednesday-13	Thursday-14	Friday-15
<b>breakfast</b>	Cereal, Peaches & Milk	Egg Casserole, Grapes & Milk	Waffles, Applesauce & Milk	Oatmeal, Apples & Milk	Bagels, Bananas & Milk
<b>am snack</b>	Cottage Cheese, Pineapple & Water	Raisins, Carrots & Milk	Cranberry & Fruit Quinoa Salad(HM)	Fruit Smoothies(HM) frozen mixed fruits, yogurt, fruit juice	Scones(HM-Flour, Eggs, fruit) & Milk
<b>lunch</b>	Spaghetti w/ Beef, Broccoli, Pears & Milk	Quesadillas w/ Chicken, cheese, salsa, Green Beans, Fruit Cocktail & Milk	Potato Soup & Ham Sandwich, Peaches & Milk	Breakfast for Lunch(Migas) Eggs, Pears, Corn & Milk	Meatballs, Mashed Potatoes, Mixed Veggies, Fruit Cocktail & Milk
<b>pm snack</b>	Veggies, Dip & Milk	Chips, Black bean & corn Salsa & Milk	Carrots, Ranch & Milk	Hummus, Pita Bread & Milk	Apple Slices and cheddar chunks & water
week 3	Monday-18	Tuesday-19	Wednesday-20	Thursday-21	Friday-22
<b>breakfast</b>	Cereal, Peaches & Milk	Breakfast Burritos, (flour tortilla, cheese, sausage) Grapes & Milk	Pancakes, Applesauce & Milk	Oatmeal, Bananas & Milk	English Muffins, Mixed Fruit & Milk
<b>am snack</b>	Fruit Salsa, Pita Chips & Milk	Zucchini Muffins & Milk	Blueberries, Yogurt & Water	Veggie Sticks, Bean Dip & Water	String Cheese, Crackers & Water
<b>lunch</b>	Beef Stroganoff (HM) whole grain noodles, beef, cream soup), M. Oranges, Green Beans & Milk	Chicken Tortilla Soup, (HM chicken, veg. stock, crushed tortillas, shred cheese) Corn, Peaches & Milk	Sloppy Joes (HM-grd. turkey), Green Beans, Fruit Cocktail & Milk	Chicken Curry Bake(HM- chicken, red curry paste, brown rice), Applesauce, Broccoli & Milk	Meatloaf, (HM- grd beef, spices) Cauliflower/Potato Mash, Pears & Milk
<b>pm snack</b>	Hummus, Pita Bread & Milk	Graham Crackers, Sweet Potato Dip(HM-swt. potatoes, brown sugar, applesauce) & Water	Cucumbers, Dip & Water	Apple Slices and Cheddar Chunks & water	Chips, Salsa & Milk
week 4	Monday-25	Tuesday-26	Wednesday-27	Thursday-28	Friday-29
<b>breakfast</b>					
<b>am snack</b>					
<b>lunch</b>		***	CLOSED FOR THE HOLIDAYS	***	***
<b>pm snack</b>					

\*\*\*"This institution is an equal opportunity provider"

MG = Multigrain  
HM = Homemade