

# December Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

*Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.*

## December 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Whole wheat Honey Toast Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Turkey & Cheese Sandwich (on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Tacos (ground beef, cheese & fresh lettuce on a tortilla) Refried beans (canned) Skim Milk	Hamburger Gravy over mashed Potatoes, Cooked carrots (canned) Whole Wheat Rolls Skim Milk	BBQ Chicken on a bun (whole wheat) Broccoli (frozen) Peaches (canned) Skim milk	Pizza with ham or chicken (made with tomato puree) Fresh Salad Skim milk
<b>Snack</b>	Cottage Cheese & Saltines Ice Water	Yogurt & Whole grain cereal pieces Ice water	Pretzels 100% Fruit Juice	String Cheese 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice

## December 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Corn Dogs (Child Nutrition labeled) Mixed Veggies (frozen) Celery Sticks w/dip Skim Milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Bean & Cheese burrito Fresh Fruit Corn (frozen) Skim milk	Pizza with ham or chicken (made with tomato puree) Salad Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Whole wheat bread with cinnamon butter 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Ritz 100% Fruit Juice	Cheesy Crackers Skim Milk

## December 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/ Jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Deli meat & Cheese Wrap Applesauce Fresh Baby Carrots w/dip Skim milk	Sloppy Joes on whole wheat buns Pears (Canned) Peas (frozen) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Pizza with ham or chicken (made with tomato puree) Fresh Cauliflower w/dip Skim milk
<b>Snack</b>	Grahams 100% Fruit Juice	Pretzels 100% Fruit Juice	Yogurt & Whole Wheat Cereal Pieces Ice water	Cottage Cheese & Saltines Ice Water	String cheese 100% Fruit Juice

## December 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	merry christmas	closed	Muffins (whole grain) Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>			Tuna & Cheese Sandwich (on whole wheat bread) Apples Fresh Baby Carrots w/dip Skim milk	Hot Dogs on a whole wheat bun Baked Beans Applesauce (canned) Skim milk	Cooks Choice: Menu will be posted
<b>Snack</b>			Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Ritz 100% Juice