

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 3-7

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Whole Wheat English Muffins w/jam Fresh Fruit Skim Milk	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole corn tortilla chips Fresh Cauliflower w/ranch Skim Milk	Hamburgers (ground beef patty on a whole grain bun) Pickles Fresh Fruit Skim milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Baby Carrots w/dip Fruit Cocktail cups Skim milk
Snack	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Cheesy Crackers Skim Milk

December 10-14

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole grain Bagels w/cream cheese Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Omelets Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved, whole grain bedding) Mixed Veggies (frozen) Baked Beans (canned) Skim milk	Spaghetti w/meat and tomato sauce Green Beans (canned) Skim milk	Ham & Cheese Pizza (ham, cheese, sauce on whole grain pita bread) Fresh Salad Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Turkey & Cheese Wrap (turkey and cheese slices in a whole wheat tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Sun Butter Dip Apples Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Graham Crackers 100% Fruit Juice

December 17-21

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Whole wheat Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Grilled Ham and Cheese Sandwich (whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk	Hamburger Gravy over mashed potatoes Diced Beets (canned) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Pickles Fruit Cocktail Cups Skim milk
Snack	Animal Crackers 100% Fruit Juice	String Cheese Ritz Crackers Water	Yogurt & Whole grain cereal pieces Water	Pretzels 100% Fruit Juice	Wheat Thins 100% Fruit Juice

December 24-28

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed	Merry Christmas!!!	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat Toast w/jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch			Turkey & Cheese Wrap (Assorted meats and cheese slices in a whole grain tortilla) Diced Peach Cups Fresh Celery Sticks w/dip Skim milk	Corn Dogs (Child Nutrition labeled, whole grain bedding) Baked Beans (Canned) Pears (canned) Skim Milk	Cook's Choice Day: Menu will be posted
Snack			Cottage Cheese & Saltines Water	Teddy Grahams 100% fruit juice	Cheesy Crackers Skim Milk

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