

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.

November 30 - December 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat French Toast Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Tuna & Cheese Sandwich on whole wheat bread Baby carrots w/dip Applesauce Skim milk	Teryaki Ground beef over rice California Mixed Veggies (frozen) Pineapple(canned) Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Chicken Taco Soup (tomato based soup with mixed veggies & cheese on top) Tortilla Chips Fresh Cauliflower w/dip Skim Milk	Hamburgers on a whole wheat bun Pickles Fruit Cocktail (canned in juice) Skim milk
Snack	Yogurt & Whole grain Cereal Pieces Water	Animal Crackers 100% Fruit Juice	Graham Crackers Milk	Pita bread w/dip 100% Fruit Juice	Saltines Cottage Cheese Water

December 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Pancakes Bananas Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked Beans (canned) Peaches (canned) Skim milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green beans (canned) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Hot Flatbread Pizzas (diced ham, cheese & sauce on flat bread) Fresh Salad Skim Milk	Brunch Day: Cheese Omelets Tator Tots Oranges Toast Skim milk
Snack	Teddy Grahams 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk	Apples & Sun butter Water	Chex Mix (whole grain chex cereal pretzels) 100% Fruit Juice	Wheat Thins 100% Fruit Juice

December 14-18

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat French Toast Fresh Fruit Skim Milk	Whole wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Corn Dogs Diced Pears (canned) Baby Carrots w/dip Skim milk	Tacos (<i>ground turkey</i> , cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	Hamburger Gravy over mashed potatoes 5 blend Mixed Veggies (corn, carrot, peas, green beans & lima beans -frozen) Whole Wheat Rolls Skim milk	Ham & Cheese Sandwich on whole wheat bread Peaches (canned) Baked fries Skim milk	BBO Chicken on a whole wheat bun Green beans (canned) Fresh Cauliflower w/dip Skim Milk
Snack	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Goldfish crackers Milk	Oyster Crackers 100% Fruit Juice

December 21-25

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Pancakes Bananas Skim Milk	Cooks Choice: Menu will be posted	CLOSED	<i>Happy Holidays!</i>
Lunch	Bean & Cheese burrito (whole grain tortilla) Fruit Cocktail (canned in juice) Baby Carrots w/dip Skim milk	Turkey Dogs on a whole wheat bun Tator Tots Fresh Fruit Skim milk	Cooks Choice: Menu will be posted		
Snack	Graham Crackers Milk	Animal Crackers 100% Fruit Juice	Cooks Choice: Menu will be posted		

CLOSED - DECEMBER 28TH THROUGH JANUARY 1ST