December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
AM Snack	Low-fat Yoplait yogurt with granola parfait, milk	Warm biscuits with low sugar grape jelly, milk	Turkey bacon and whole grain toast with butter, milk	Low fat cheesy egg omlet, milk	Warm croissants with butter, milk
Lunch	Turkey meatball sub on whole grain bun, baked carrot coins, mandarin oranges, milk, veg. American cheese and lettuce sub	Sweet battered cornbread turkey nuggets, mixed vegetable medley, applesauce, milk, veg. corn nuggets	Homestyle chicken pot pie with vegetable medley, warm biscuits, mandarin oranges, milk, veg. Homestyle vegetable pot pie	Creamy tomato bisque, Grilled American cheese on whole wheat bread, sweet peas, diced pears, milk	Whole grain macaroni with cheddar cheese sauce and turkey crumbles, sweet corn, fruit medley, milk, veg. whole grain macaroni with cheddar cheese sauce
PM Snack	Low sugar animal crackers, 100% low sugar fruit juice	Whole grain guppy crackers, 100% low sugar fruit juice	Whole grain pita slices with hummus dip, 100% low sugar fruit juice	Fresh orange slices with graham crackers, chilled water	Cheesy rice cakes, 100% low sugar fruit juice
	9	10	11	12	13
AM Snack	Whole grain Kix cereal, milk	Warm biscuits with low sugar grape jelly, milk	Turkey bacon and whole grain toast with butter, milk	Low fat cheesy egg omlet, milk	Warm croissants with butter, milk
Lunch	Baked spaghetti with fresh mozzerella and turkey crumbles, peach wedges, seasoned green beans, milk, veg. Baked spaghetti	Sweet battered cornbread turkey nuggets, mixed vegetable medley, applesauce, milk, veg. corn nuggets	Homestyle chicken pot pie with vegetable medley, warm biscuits, mandarin oranges, milk, veg. Homestyle vegetable pot pie	Creamy tomato bisque, Grilled American cheese on whole wheat bread, sweet peas, diced pears, milk	Whole grain macaroni with cheddar cheese sauce and turkey crumbles, sweet corn, fruit medley, milk, veg. whole grain macaroni with cheddar cheese sauce
PM Snack	Cucumber slices with ranch dressing, 100% low sugar fruit juice	Whole grain guppy crackers, 100% low sugar fruit juice	Whole grain pita slices with hummus dip, 100% low sugar fruit juice	Fresh orange slices with graham crackers, chilled water	Cheesy rice cakes, 100% low sugar fruit juice
	16	17	18	19	20
AM Snack	Baked rice krispy cereal, milk	Cinnamon raisen whole grain bread with warm butter	French toast sticks with low sugar maple syrup, milk	Whole grain pancakes with low sugar maple syrup, milk	Baked apple cresents, milk
Lunch	Fiesta whole grain rice with beans, carrot medallions, mixed fruit medley, sweet corn, milk	Grilled chicken sliders on a whole grain bun, sweet corn, pears, milk, veg. cheese sliders	Baked hawaiin chicken, pineapple, broccoli spears, milk, veg. Baked vegetable egg rolls	Pasta Salad with diced turkey ham, italian seasoning and fresh mozzerrella, vegetable medley, peach slices, milk	Fresh Chef Salad with ham slices and american cheese with low fat ranch dressing, applesauce, milk. Veg alt. Chef salad with cheese
PM Snack	Fresh apple slices, whole wheat crackers, chilled water	Fresh Blueberry Muffins	Whole grain guppy crakcers, 100% low sugar fruit juice	Fresh carrot sticks with low fat ranch dressing, chilled water	Low sugar animal crackers, 100% low sugar fruit juice
	23	24	25	26	27
AM Snack	Whole grain cheerios, milk	Whole grain english muffins with warm butter, milk		Warm blueberry bagels, with low fat cream cheese, milk	Apple crescents, milk
Lunch	Chicken brown rice bowl with vegetable medley, diced pears, milk, veg: vegetable medley brown rice bowl	Cheese Ravioli with marinara sauce, sweet tiny peas, applesauce, milk		Turkey Ham and American Cheese quesadilla, carrot cubes, peach slices, milk	Sliced Turkey over mashed potatoes with gravy, seasoned green beans, applesauce, milk. Veg. Cheesy mashed potatoe bake
PM Snack	Baked soft pretzels, 100% low sugar fruit Juice	Fresh carrot sticks, ranch dressing, 100% low sugar fruit juice.		Fresh blueberries and lowfat cottage cheese, 100% low sugar fruit juice	Whole wheat crackers with american cheese, 100% low sugar fruit juice