

SPRING ED DECEMBER 2023

| WEEK 1 | | | | | |
|---------------------|--|--|--|--|--|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | | | | | 12/1/2023 |
| AM SNACK: | | | | | |
| Milk | | | | | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit/Vegetable | | | | | |
| Grain | | | | | Vanilla Yogurt |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | | | | | Ravioli |
| Milk | | | | | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | | | | | Applesauce |
| Vegetable | | | | | Mixed veggies |
| Grain | | | | | |
| Meat/Meat Alt | | | | | WG Jumbo Ravioli |
| Extra | | | | | |
| PM SNACK: | | | | | |
| | | | | | |
| Milk/Water | | | | | |
| Fruit | | | | | |
| Vegetable | | | | | |
| Grain | | | | | Soft Pretzel Rod |
| Meat/Meat Alternate | | | | | |
| Extra | | | | | |
| WEEK 2 | | | | | |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 12/4/2023 | 12/5/2023 | 12/6/2023 | 12/7/2023 | 12/8/2023 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit/Vegetable | | | | | |
| Grain | WG Toasted Oats Cereal | WG Blueberry Muffin | WG Waffle | WG Mini Spooner Cereal | WG Pancake |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | Breakfast for Lunch | Italian Beef Sandwich | Drummies | Crunchers | Turkey Ham |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Diced Peaches | Fruit Cocktail | Diced Pears | Mandarin Oranges | Applesauce |
| Vegetable | Hashbrown Potato Patty | Sweet Peas | Diced Carrots | Stringbeans | Sweet Potato Bites |
| Grain | | WG Hot Dog Roll | | | |
| Meat/Meat Alt | Turkey Sausage | Beef Crumbles | Chicken Drummies | Pizza Crunchers | Diced Turkey Ham |
| Extra | | Marinara Sauce | | | |
| PM SNACK: | | | | | |
| | Cuke Sandwich | School Made Trail Mix | Zoo Dippers | | |
| Milk/Water | | | | | |
| Fruit | | | | | |
| Vegetable | Cucumber Slices | | | | Baby Carrots |
| Grain | Flatbread Squares | School Made Trail Mix | Animal Crackers | Vanilla Wafers | |
| Meat/Meat Alternate | Ranch | | Strawberry Yogurt | | Ranch |

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

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| WEEK 3 | | | | | |
|---------------------|--|--|--|--|--|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 12/11/2023 | 12/12/2023 | 12/13/2023 | 12/14/2023 | 12/15/2023 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit/Vegetable | | | | | |
| Grain | WG French Toast Sticks | WG Rice Crisp Cereal | English Muffin | WG Cereal Oatmeal Bar | WG Apple Cinnamon Loaf |
| Extra/Protein | | Sunbutter | | | |
| LUNCH: | | | | | |
| | Grilled Cheese | Taco Tuesday | Cheeseburger | Chicken Patty | Sunbutter & Jelly |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | Fruit Cocktail | Diced Pears | Diced Peaches | Pineapple Tidbits | Banana |
| Vegetable | Broccoli | Corn | Tater Tots | Diced Carrots | Cucumbers |
| Grain | | WG Tortilla | WG Hamburger Roll | | |
| Meat/Meat Alt | Grilled Cheese | Turkey Taco Entrée | Cheeseburger | WG Breaded Chicken Patty | |
| Extra | | Shredded Cheese | | | |
| PM SNACK: | | | | | |
| | | | | | |
| Milk/Water | | | | | |
| Fruit | | Applesauce | | | |
| Vegetable | | | | | Holiday Dinner |
| Grain | Chex Mix | Graham Crackers | Cheezit Crackers | Wheat Crackers | |
| Meat/Meat Alternate | Vanilla Yogurt | | | String Cheese | |
| Extra | | | | | |

| WEEK 4 | | | | | |
|---------------------|--|--|--|--|------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 12/18/2023 | 12/19/2023 | 12/20/2023 | 12/21/2023 | 12/22/2023 |
| AM SNACK: | | | | | |
| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | |
| Fruit/Vegetable | | | | Jelly | |
| Grain | WG Toasted Oats Cereal | WG Pancake | WG Rice Crisp Cereal | English Muffin | |
| Extra/Protein | | | | | |
| LUNCH: | | | | | |
| | BBQ Slider | Philly Cheesesteak | Cheesy Mac | Stir Fry | |
| Milk | | | | | |
| Fruit | Diced Pears | Applesauce | Diced Peaches | Pineapple Tidbits | |
| Vegetable | Corn | Salad | Sweet Peas | Stir Fry Blend | CLOSED |
| Grain | WG Slider Roll | | WG Elbow Macaroni | Rice | |
| Meat/Meat Alt | BBQ Shredded Chicken | Diced Turkey Ham | | Chicken Strips | |
| Extra | Cheese Sauce | Ranch | Cheese Sauce | Teriyaki sauce | |
| PM SNACK: | | | | | |
| | Banana Sushi Roll | Cuke Sandwich | | | |
| Milk/Water | | | | | |
| Fruit | 1/2 Banana | | | | |
| Vegetable | | Cucumber Slices | | | |
| Grain | WG Tortilla | WG Flatbread | Shortbread Bites | WG Apple Cinn Grahams | |
| Meat/Meat Alternate | Sunbutter | | | | |
| Extra | | Ranch | | | |

| WEEK 5 | | | | | |
|--------------|------------|------------|------------|------------|------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Dates: | 12/25/2023 | 12/26/2023 | 12/27/2023 | 12/28/2023 | 12/29/2023 |

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.



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AM SNACK:

| Milk | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
|-----------------|---|---|---|---|---|
| Fruit/Vegetable | | | | Frozen Blueberries | Mango |
| Grain | CLOSED | WG Spooner Cereal | WG Oatmeal Cereal Bar | Oatmeal | Vanilla Yogurt |
| Extra/Protein | | | | | |

LUNCH:

| | | Breakfast Sandwich | Chicken Dippers | Mom's Meatloaf | Stuffed Crusts |
|---------------|--------|---|---|---|---|
| Milk | | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | CLOSED | Applesauce | Mandarin Oranges | Diced Peaches | Diced Pears |
| Vegetable | | Diced Carrots | Mixed Veggies | Mashed Potatoes | String Beans |
| Grain | | WG English Muffin | | | Pizza Max Sticks |
| Meat/Meat Alt | | Turkey Sausage Patty | Chicken Nuggets | Meatloaf w/Ketchup Glaze | |
| Extra | | | Ketchup | | Marinara Sauce |

PM SNACK:

| Milk/Water | | | | | |
|---------------------|--------|-----------------------|--------------------|----------------|----------------|
| Fruit | CLOSED | | | Clementine | CLOSED at Noon |
| Vegetable | | | | | |
| Grain | | WG Apple Cinn Grahams | Townhouse Crackers | WG Champ Bites | |
| Meat/Meat Alternate | | | String Cheese | | |
| Extra | | | | | |

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