

SPRING ED DECEMBER 2023

WEEK 1					
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	1/2 Banana		Blueberries	Berries	Berries
Grain	WG Toasted Oats Cereal	WG Blueberry Muffin			WG Pancake
Extra/Protein			Egg patty	Yogurt	
LUNCH:					
	Grilled Cheese Sandwich	Italian Beef Sandwich	Drummies	Crunchers	Fish Shapes
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	Tomato Soup	Sweet Peas	Diced Carrots	Stringbeans	Sweet Potato Bites
Grain		WG Hot Dog Roll			
Meat/Meat Alt		Beef Crumbles	Chicken Drumsticks	Pizza Crunchers	Diced Turkey Ham
Extra		Marinara Sauce			
PM SNACK:					
Milk/Water					
Fruit				Apples	Oranges
Vegetable		Cucumber Slices			
Grain	Cheez-its		Animal Crackers		Maple Bites
Meat/Meat Alternate		Ranch	Strawberries	Sunbutter	

WEEK 2					
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		1/2 Banana		Berries	
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin		WG Apple Cinnamon Loaf
Extra/Protein			Egg Patty	Yogurt	
LUNCH:					
	Grilled Cheese	Taco Tuesday	Cheeseburger	Chicken Patty	Pizza
Milk					
Fruit	Fruit Cocktail	Diced Pears	Diced Peaches	Pineapple Tidbits	Diced Pears
Vegetable	Broccoli	Corn	Tater Tots	Diced Carrots	Stringbeans
Grain		WG Tortilla	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Grilled Cheese	Turkey Taco Entrée	Cheeseburger	WG Breaded Chicken Patty	
Extra	Tomato Soup	Shredded Cheese			
PM SNACK:					
Milk/Water					
Fruit	Apples				Apple Slices
Vegetable					
Grain		Graham Crackers	Cheezit Crackers	Wheat Crackers	
Meat/Meat Alternate	Vanilla Yogurt			String Cheese	Sunbutter
Extra		Cream cheese	Hummus		

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:	12/18/2023	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+)	CLOSED
Fruit/Vegetable	Fruit	Frozen Berry Mix	1/2 Banana		
Grain	WG Toasted Oats Cereal	WG Pancake		English Muffin	
Extra/Protein			Egg Patty	Cream Cheese	
LUNCH:					
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+)	CLOSED
Fruit	Diced Pears	Applesauce	Diced Peaches	Pineapple Tidbits	
Vegetable	Corn	Diced Carrots	Sweet Peas	Broccoli	
Grain	WG Slider Roll	WG Hot Dog Roll	WG Elbow Macaroni		
Meat/Meat Alt	BBQ Shredded Chicken	Steak Meat			
Extra	Cheese Sauce	American Cheese	Cheese Sauce		
PM SNACK:					
					CLOSED
Milk/Water					
Fruit	1/2 Banana		Strawberries		
Vegetable		Cucumber Slices			
Grain				Crackers	
Meat/Meat Alternate	Sunbutter			String cheese	
Extra		Ranch	Yogurt		

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	12/25/2023	12/26/2023	12/27/2023	12/28/2023	12/29/2023
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			1/2 Banana		Frozen Berries
Grain	CLOSED	English Muffin		Blueberry Muffin	Vanilla Yogurt
Extra/Protein		Cream Cheese	Egg Patty		
LUNCH:					
		Breakfast for lunch	Chicken Dippers	Mom's Meatloaf	Pizza
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
Meat/Meat Alt		Turkey Sausage Patty	Chicken Nuggets	Meatloaf w/Ketchup Glaze	
Extra			Ketchup		Marinara Sauce
PM SNACK:					
					Closing at 12
Milk/Water					
Fruit	CLOSED	Apples		Clementine	
Vegetable					
Grain			Townhouse Crackers	WG Champ Bites	
Meat/Meat Alternate			String Cheese		
Extra		Sunbutter			

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.