December Menu - Breakfast, Lunch, Snack

GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Infant/Toddler/Beginner Alternative

	MON	TUES	WED	THURS	FRI
	1	2	3	4	5
Breakfast	Chef's Choice Day	WG Mini Bagel, Applebutter, 1% Milk - Whole Milk	WG Cereal Oatmeal Bar, 1% Milk - Whole Milk	WG, Crispy Rice Cereal, Banana 1% Milk - Whole Milk	WG Blueberry Muffin, Diced Pears, 1% Milk, Whole Milk
Lunch	Chef's Choice Day	Turkey Taco & Cheese on a WG Tortilla (Veggie Eggroll), Diced Pears, Green Beans, 1% Milk - Whole Milk	Diced Chicken Alfredo with WG Pasta (Vegan Crumbles), Tropical Fruit, Sweet Peas, 1% Milk - Whole Milk	Beef Meatloaf (Vegetarian Griller), Diced Peaches, Mixed Veggies, 1% Milk - Whole Milk	Turkey Sausage Patty (Vegetarian Griller), WG Biscuit, Diced Carrots, Fruit Mix, 1% Milk, Whole Milk
PM Snack	Chef's Choice Day	Yogurt, Vanilla Wafers, Water Banana Snack Puffs	Cucumber Slices, Hummus, Water - Diced Cucumber	Diced Mandarin Oranges, Animal Crackers, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water WG Toasted Oats & Applesauce
	8	9	10	11	12
Breakfast	Pancake, Mixed Berries, 1% Milk - Whole Milk	WG Spooner Cereal, Strawberry Slices, 1% Milk - Whole Milk	Diced Mangoes, Yogurt, 1% Milk, Whole Milk	WG Banana Muffin, Blueberries, 1% Milk - Whole Milk	Chef's Choice Day
Lunch	Pizza Max Stick with WG Breading (Mozzarella Cheese Pizza), Mixed Veggies. Tropical Fruit, 1% Milk, Whole Milk	Chicken Patty on WG Bread (Vegetarian Griller), Diced Peaches, Peas, 1% Milk, Whole Milk	Turkey on a WG Bread (Chickpea Spread Sandwich), Diced Carrots, Diced Pears, 1% Milk, Whole Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Pineapple Tidbits, Green Beans, 1% Milk, Whole Milk	Chef's Choice Day
PM Snack	WG Graham Crackers, Mandarin Oranges, Water	Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce	Townhouse Crackers, Cheese Slice, Water	WG Goldfish Crackers, Applesauce, Water	Chef's Choice Day
	15	16	17	18	19
Breakfast	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	WG Waffle, Mixed Berries, 1% Milk, Whole Milk	WG Oatmeal, Blueberries 1% Milk - Whole Milk	Yogurt, Diced Mangos 1% Milk, Whole Milk	WG Crispy Rice Cereal, Banana 1% Milk, Whole Milk
Lunch	Mac N Cheese with WG Pasta, Broccoli, Diced Peaches 1% Milk, Whole Milk	Diced Chicken with Teriyak Sauce (WG Vegan Chicken Nuggets), Peas & Carrots, Apple Slices, 1% Milk - Whole Milk, Applesauce	Shredded Chicken w/ Tomato Sauce on a WG Bun (Vegan Crumbles), Diced Pears, Grean Beans, 1% milk - Whole Milk	Diced Turkey Ham (Vegan Crumbles), Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk	Hamburger on a WG Bun (Vegetarian Griller), Potato Coins, Pineapple Tidbits, 1% Milk - Whole Milk
PM Snack	WG Champ Bites, Mandarin Oranges, Water, Banana Snack Puffs	WG Pita, Hummus, Water	WG Crackers, Apple Slices, Water WG Toasts Oats & Diced Mandarin Oranges	Fresh Apple Slices, Sunbutter or Soybutter, Water WG Graham Crackers	Townhouse Crackers, American Cheese Slice, Water
	22	23	24	25	26
Breakfast	WG Oatmeal Bar, Applesauce, 1% Milk, Whole Milk	WG Toasted Oats Cereal, Banana 1% Milk - Whole Milk			Chef's Choice Day
Lunch	Cheese Pizza with WG Crust, Peas & Carrots, Tropical Fruit, 1% Milk, Whole Milk	Chicken Nuggets, (WG Veg Nuggets), Mandarin Oranges, Broccoli, 1% Milk, Whole Milk	School Closed Happy Holidays!	School Closed Happy Holidays!	Chef's Choice Day
PM Snack	WG Soft Pretzel Rod, Applesauce, Water, Banana Snack Puffs	WG Cheez Itz, Diced Peaches, Water			Chef's Choice Day

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.