

# DECEMBER MENU 2021

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.*

## December 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole wheat Bagel w/ Cream Cheese Fresh Fruit Skim Milk	Pancakes Fresh Fruit or Potato Rounds Milk	Muffins (whole grain) Fruit Fresh skim Milk	Hard Boiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chicken Patties (child nutrition approved, whole grain breeding) Mixed Veggies - Cali blend Mashed Potatoes w/gravy Skim milk	BBQ Chicken on a whole wheat bun Fresh Cucumber w/dip Applesauce (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Corn (canned) Skim Milk	Lasagna Noodles (made w/ ground beef, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn chips) Ranch Style beans (canned) Skim milk
<b>Snack</b>	Wheat Thins 100% Fruit Juice	Apples & Cheese Slice Water	whole wheat bread w/cinnamon butter, Milk	Popcorn (WG) 100% Fruit Juice	Teddy Grahams 100% Fruit Juice

## December 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole Grain Bagel Fresh Fruit Skim Milk	Whole wheat French Toast Fresh fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Turkey Dogs on a Whole Wheat Bun Baby Carrots w/dip Pickles Skim milk	Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) Whole wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Skim Milk	Homemade Macaroni and Cheese (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim Milk	Bean & Cheese burritos (whole grain tortillas) Fresh Cauliflower w/dip Diced Peaches (canned) Skim milk
<b>Snack</b>	Whole grain tortilla Chips & salsa (for toddlers - grated cheese, water	Oyster Crackers 100 % Fruit juice	Goldfish crackers Skim Milk	Pretzels 100% Fruit Juice	String Cheese Ritz Water

## December 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole wheat Bagel w/cream cheese Fresh Fruits Skim Milk	Hardboiled Eggs Bananas Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk	Closed
<b>Lunch</b>	Tuna and Cheese Sandwich on whole wheat bread Applesauce Cucumber Spears w/dip Skim milk	Chicken and Vegetable Soup Cheese slice Apples Whole wheat Rolls Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Skim Milk	Menu will be posted	<b>Merry Christmas</b>
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Pita bread (whole grain) w/dip & 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces, Water	Graham Crackers Milk	

## December 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
<b>Lunch</b>	<b>Happy New Year</b>				
<b>Snack</b>					