



December

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<u>Breakfast</u> Oatmeal, Pears & Milk <u>Lunch</u> Hardboiled Egg with Bowtie Soup, Small Potato, Cuties & Milk <u>Snack</u> Wheat Thins & Honey Dew	<u>Breakfast</u> WG Toast with Jelly, Banana & Milk <u>Lunch</u> BBQ Chicken Leg with WG Bread Slice, Cauliflower, Watermelon & Milk <u>Snack</u> String Cheese & Apples	<u>Breakfast</u> WG Bagel, Honey Dew & Milk <u>Lunch</u> Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk <u>Snack</u> Gram Crackers & Pears
6	7	8	9	10
<u>Breakfast</u> WG Cereal, Strawberries & Milk <u>Lunch</u> Beans with Brown Rice, Peas, Pears & Milk <u>Snack</u> Pita Chips & Cantaloupe	<u>Breakfast</u> Seasonal Muffins, Golden Melon & Milk <u>Lunch</u> WG Spaghetti with Turkey Ground Meat, Green Beans, Grapes & Milk <u>Snack</u> Gogo Squeeze Yogurt & Banana	<u>Breakfast</u> Butter Croissant, Orange & Milk <u>Lunch</u> WG Turkey Ham Sandwich, Cucumber, Strawberries & Milk <u>Snack</u> Raisins & Golden Melon	<u>Breakfast</u> WG Pancakes, Grapes & Milk <u>Lunch</u> Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk <u>Snack</u> Animal Crackers & Cuties	<u>Breakfast</u> WG Toast with Cream Cheese, Watermelon & Milk <u>Lunch</u> Chicken Soft Tacos, Mixed Green Salad, Banana & Milk <u>Snack</u> Goldfish & Orange
13	14	15	16	17
<u>Breakfast</u> Waffles, Cuties & Milk <u>Lunch</u> Lentils with Brown Rice, Tomato, Cantaloupe & Milk <u>Snack</u> Apple Sauce & Pears	<u>Breakfast</u> WG Cereal, Bananas & Milk <u>Lunch</u> Mac & Cheese, Broccoli Apples, & Milk <u>Snack</u> Cheeze-It & Watermelon	<u>Breakfast</u> Seasonal Muffins, Cantaloupe & Milk <u>Lunch</u> WG Chicken Nuggets, Steamed Carrots, Orange & Milk <u>Snack</u> Ritz Crackers & Grapes	<u>Breakfast</u> Yogurt, Pears & Milk <u>Lunch</u> Hardboiled Egg with Bowtie Soup, Small Potato, Golden Melon & Milk <u>Snack</u> Trail Mix without Nuts & Strawberries	<u>Breakfast</u> Oatmeal, Apples & Milk <u>Lunch</u> BBQ Chicken Leg with WG Bread, Cauliflower, Cuties & Milk <u>Snack</u> Wheat Thins & Honey Dew
20	21	22	23	24
<u>Breakfast</u> WG Toast with Jelly, Banana & Milk <u>Lunch</u> Turkey Stew with WG Rice, Mixed Vegetables, Watermelon & Milk <u>Snack</u> String Cheese & Apples	<u>Breakfast</u> WG Bagel, Honey Dew & Milk <u>Lunch</u> Beans with Brown Rice, Peas, Orange & Milk <u>Snack</u> Gram Crackers & Pears	<u>Breakfast</u> WG Cereal, Strawberries & Milk <u>Lunch</u> WG Spaghetti with Turkey Ground Meat, Green Beans, Pears & Milk <u>Snack</u> Pita Chips & Cantaloupe	<u>Breakfast</u> Seasonal Muffins, Golden Melon & Milk <u>Lunch</u> WG Turkey Ham Sandwich, Lettuce, Grapes & Milk <u>Snack</u> Gogo Squeeze Yogurt & Banana	
27	28	29	30	31
<u>Breakfast</u> WG Pancakes, Grapes & Milk <u>Lunch</u> Chicken Soft Tacos, Mixed Green Salad, Honey Dew & Milk <u>Snack</u> Animal Crackers & Cuties	<u>Breakfast</u> WG Toast with Cream Cheese, Watermelon & Milk <u>Lunch</u> Lentils with Brown Rice, Tomato, Banana & Milk <u>Snack</u> Goldfish & Orange	<u>Breakfast</u> Waffles, Cuties & Milk <u>Lunch</u> Mac & Cheese, Broccoli, Cantaloupe & Milk <u>Snack</u> Apple Sauce & Pears	<u>Breakfast</u> WG Cereal, Bananas & Milk <u>Lunch</u> WG Chicken Nuggets, Steamed Carrots, Apples & Milk <u>Snack</u> Cheeze-It & Watermelon	

Infants 6 Weeks to 5 Months 4-6 oz breast milk/iron-fortified formula for Breakfast, Lunch & Snack

Infants 6-11 Months 6-8 oz breast milk/iron-fortified formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) & Snack

2-4 oz breast milk/iron-fortified formula

Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk

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