

MEAL MENU

December 16 - 20

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Apples Milk	Frosted flakes Craisins Milk	French Toast Peaches Milk	Cheerios cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Chicken Salad Sandwich Bananas Cucumber Milk or Water	Fish Sticks French fries Oranges Milk or Water	Turkey slices Mashed potato Mandarin oranges Pinto beans Milk or Water	Chicken Patty Bun Bananas Baby Carrots Milk or Water	Pita bread pizza Mozzarella cheese Oranges Bell peppers Milk or water
Snack	Pop tarts Water	Bell peppers Ranch Water	Ritz Crackers Cheese Sticks Water	Pretzels Yogurt Water	Rice Krispies Craisins Water

December 23 - 27

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cheerios cereal Mango Milk			Frosted Flakes Raisins Milk	Pancakes Apples Milk
Lunch	Turkey sandwich Banana Carrots Milk or Water	Christmas Break No School	Christmas Break No School	Mac & Cheese Apple sauce Kidney beans Milk or water	Ham sandwich Oranges Cucumber slices Milk or Water
Snack	Graham crackers Raisins Water			Chex mix Craisins Water	Saltine crackers Cheese sticks Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

December 30 – January 3

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Apples Milk			Cheerios cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Turkey hot dog Bun Oranges Cucumber Milk or Water	New Years Break No School	New Years Break No School	Chicken Patty on a bun Oranges Bell peppers Milk or Water	Cheese Quesadilla Refried beans Bananas Milk or Water
Snack	Ritz Crackers Cheese Stick Water			Rice Krispies Mangos Water	Pretzel Carrots Water

January 6 – 10

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Waffles Apples Milk	Cheerios Craisins Milk	French Toast Pears Milk	Frosted Flakes Raisins Milk	Pancakes Pineapple Milk
Lunch	Turkey sandwich Oranges Cucumber Milk or Water	Chicken nuggets Tater tots Banana Milk or Water	Pita bread Pizza Mozzarella Cheese Apples Cucumber slices Milk or Water	Beef Ravioli Rolls Mandarin oranges Corn Milk or water	Ham Sandwich Bananas Baby Carrots Milk or Water
Snack	Graham crackers Cheese sticks Water	Club Crackers Carrots Water	Animal Crackers Mangos Water	Ritz crackers Cheese Slices Water	Pop tarts Craisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango