

M E N U

December 16 – December 20, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/Milk Fresh Berries Non-Fat Milk – Over 2 Whole Milk – Under 2	Ham Scramble Whole Wheat Toast Fresh Fruit Non-Fat Milk – Over 2 Whole Milk – Under 2	Whole Wheat French Toast Fresh Fruit Non-Fat Milk – Over 2 Whole Milk – Under 2	Cheese & Spinach Omelet Whole Wheat Toast Fresh Fruit Non-Fat Milk – Over 2 Whole Milk – Under 2	Hard Boiled Eggs Cheddar Cheese Slices Fresh Fruit Non-Fat Milk – Over 2 Whole Milk – Under 2
AM Snack	Refried Beans Whole Grain Crackers Water	Banana Bread (Homemade) Water	Whole Grain English Muffin Mozzarella Cheese Water	Whole Grain Muffin Apple Sauces Water	Graham Crackers Banana Water
Lunch	Hard Shell Beef Tacos (Lettuce, Tomatoes) Orange Slices Non-Fat Milk – Over 2 Whole Milk – Under 2 Water	Cheese Quesadilla Whole Grain Tortilla Black Beans Apple Sauce Non-Fat Milk – Over 2 Whole Milk – Under 2 Water	Spaghetti and Meatballs Mixed Steamed Veggies Orange Slices Non-Fat Milk – Over 2 Whole Milk – Under 2 Water	Busy Kids Nachos (Beef, Whole Grain Chips, Cheddar Cheese, Tomatoes) Refried Beans Non-Fat Milk – Over 2 Whole Milk – Under 2 Water	Beans & Rice Burrito (Brown Rice, Whole Grain Tortilla) Fresh Fruit Non-Fat Milk – Over 2 Whole Milk – Under 2 Water
PM Snack	Peanut Butter on Whole Grain Toast Apple Slices Water	Biscuit w/Strawberry Jelly Water	Strawberry Yogurt Water	Apple Sauce Cheddar Cheese Squares Water	Cheese Slices Cucumber Slices Water