



Little Learners Vegetarian Menu

December 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas	Whole Wheat Bagel & Grapes	Whole Wheat English Muffins & Oranges
AMS	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	Tomato Soup
Lnch	Lentils, Mixed Vegetables, Peaches, Whole Wheat Bun	Meatless Chicken & Gravy, California Melody, Oranges, Stuffing	Vegatarian Chili, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrots Apples	Bean Casserole, Melon, Corn
PMS	Tomato Soup with Carrots	Baked Apples with Oatmeal	Chicken Salad with Ritz Crackers	Banana Bread & Juice	Fruit Salad with Yogurt
	10	11	12	13	14
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Apples
AMS	Oranges	Applesauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Meatless Chicken Tenders, Corn, Pears, Wheat Bread	Baked Whole Wheat Mostaccioli & Melted Cheese, Broccoli, Apples	Lentils, Roasted Potato, Grapes, Whole Wheat Bread	Vegetarian Chili, Carrots, Melon, Cheesy Brown Rice	Meatless Sloppy Joes, Mixed Vegetables, Oranges
PMS	Fish Crackers	Vegetable Soup with Crackers	Cheese & crackers	Whole Grain Ritz Crackers & cheese	Pumpkin Bread
	17	18	19	20	21
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	Pancakes & Apples
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Bagels and Cream Cheese
Lnch	Pinto Beans, Green Beans, Peaches, Whole Wheat Bread	Cheese Ravioli, Broccoli and Cauliflower, Apple Sauce	Meatless chicker, Mashed Potatoes, Grapes, Wheat Bread	Baked Beans, Mixed Vegetables, Melon, Fried Brown Rice	Cheese Sandwich, Carrots, Apples
PMS	Tomato Soup with Crackers	Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Baked Apples and Oatmeal
	24	25	26	27	28
BF	Closed in observation of Christmas Eve	Closed in observation of Christmas	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS			Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch			Cheese Boca Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Melted Cheese, California Melody, Pears	Cheese Casserole, Peas, Apples
PMS			Cheese Slice with Ritz Crackers	Refried Bean Dip & Tortilla	Tomato Soup and Oyster Crackers
	31				
BF	Whole Grain Cereal & Apples				
AMS	Oranges				
Lnch	Meatless Meatballs, Corn, Peaches, Whole Wheat Roll				
PMS	Fish Crackers & Juice				



Abbreviations: BF - Breakfast, AMS - AM Snack, Lnch - Lunch, PMS - PM Snack
Milk is served with Breakfast, AM Snack, and Lunch