

Food Program Menu December 2022

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast	Cheerios Cereal WG Peaches Milk	French Toast Applesauce Milk	Bran Flakes WG 100% Orange Juice Milk	Pancakes WG Pears Milk	Biscuit Bananas Milk
Lunch	Macaroni and Cheese Broccoli Apples Milk	Fish Sticks Hawaiian Roll Corn/Peas Pineapple Milk	Chicken Salad on Croissant Green Beans Mixed Fruit Milk	Grilled Cheese Sandwich Broccoli Tropical Fruit Milk	Beef and Cheese Tacos Corn Oranges Milk
snack	Saltines Pickles	Ritz Crackers WG String Cheese	Graham Crackers Milk	Yogurt Bananas	Goldfish WG 100% Juice

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast	Chex Cereal WG Peaches Milk	Bagel and Cream Cheese Applesauce Milk	Cheerios Cereal WG 100% Orange Juice Milk	Waffle Sticks WG Pears Milk	Blueberry Muffin Bananas Milk
Lunch	Meatballs Garlic Bread Green Beans Tropical Fruit Milk	Pasta Alfredo Broccoli Pears Milk	Chicken Nuggets Carrots Corn Bread Mixed Fruit Milk	Cheese and Pepperoni Pizza Corn/Peas Pineapple Milk	Cheese Quesadilla Corn Oranges Milk
snack	Pretzels String Cheese	Ritz Crackers WG Pickles	Animal Crackers Milk	Yogurt Bananas	Cheese Its WG 100% Juice

- Milk is unflavored for Ages1-5, School Age can have flavored milk
- 1's drink whole milk. 2's and up drink 1% milk
- Menu is subject to change
- "WG" denotes "Whole Grain"

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