



December

Snack and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30 AM: Cereal & Milk LUNCH: Quesadilla w/ Refried Beans & Carrots PM: Grahams & Banana	1 AM: Pumpkin Pancakes LUNCH: Turkey Cranberry Sandwich with Peas PM: Carrots & Crackers	2 AM: Eggs & Toast LUNCH: Hidden veggie Pizza & Green Beans PM: Oranges & Rice Cakes	3 AM: Banana Oatmeal LUNCH: Vegan Meatloaf w/Potatoes PM: Sunbutter Crackers	4 AM: Apple Muffins LUNCH: Pumpkin chili w/ Cornbread PM: Veggie Straws & Pears
7 AM: Cereal & Milk LUNCH: Taco Bowl Rice, Bean, Enchilada Sauce PM: Applesauce & Crackers	8 AM: Pancakes & Strawberries LUNCH: Sunbutter Sandwich w/Peas & Banana PM: Grahams & Pears	9 AM: Eggs & Potatoes LUNCH: Black Bean Burgers w/ Sweet Potato Fries PM: Carrots & Hummus	10 AM: Oatmeal w/Apples LUNCH: Pumpkin Alfredo w/ Broccoli PM: Banana & Rice Cakes	11 AM: Yogurt & Peaches LUNCH: Veggie Chili w/Crackers PM: Veggie Straws & Oranges
14 AM: Cereal & Milk LUNCH: Taco Soup w/ Tortilla Chips PM: Strawberries & Grahams	15 AM: Pancakes & Oranges LUNCH: Grilled Cheese and Tomato Soup w/ Peas PM: Carrots & Crackers	16 AM: Eggs & Toast LUNCH: Hidden veggie Pizza & Green Beans PM: Oranges & Rice Cakes	17 AM: Banana Oatmeal LUNCH: Spaghetti & Chickpea Sauce w/ Broccoli PM: Apples & Sunbutter	18 AM: Cinnamon Muffins LUNCH: Pumpkin Lentil Soup & Crackers PM: Veggie Straws & Peaches
21	22	23	24	25
CHRISTMAS HOLIDAY				
28 AM: Cereal & Milk LUNCH: Quesadilla w/Beans & Carrots PM: Applesauce & Crackers	29 AM: Pancakes & Strawberries LUNCH: Sunbutter & Banana Sandwich w/Peas PM: Grahams & Pears	30 AM: Eggs & Potatoes LUNCH: Black Bean Burgers w/ Sweet Potato Fries PM: Carrots & Hummus	31 AM: Oatmeal w/Apples LUNCH: Pumpkin Alfredo w/ Broccoli PM: Cran Orange Muffins CLOSE AT 3:00 PM	1 CLOSED NEW YEARS DAY!

Hidden Veggies

We choose ingredients without artificial sweeteners, preservatives, or colors.

All items are made with LOVE