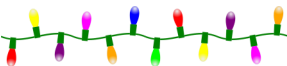

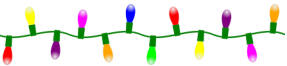


# December Menu Week 1

Meal:	Monday	Tuesday 12/1	Wednesday 12/2	Thursday 12/3	Friday 12/4
Breakfast		<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Energy Balls</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Rice Cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Pumpkin Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Baked French Toast</li> </ul>
Lunch		<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Beef Chili w/ Beans</li> <li>• Salad</li> <li>• Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Cheese Ravioli w/ Tomato Sauce</li> <li>• Spinach</li> <li>• Baked Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Pizza w/ Peperonis, Mushrooms, &amp; Cheese</li> <li>• Steamed Carrots</li> <li>• Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Chicken Alfredo w/ Whole Wheat Pasta</li> <li>• Broccoli</li> <li>• Oranges</li> </ul>
P.M. Snack		<ul style="list-style-type: none"> <li>• Wheat Thins w/ Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cheerios w/ Raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Fig Bars w/ Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie Straws w/ String Cheese</li> </ul>

**Reminder:**

- We offer Cereal with milk between 6:30-7:30
- If your child is 12months-18 months they will be offered Whole Milk; If your child is 18 months or older they will be offered 1% Milk
  - Fresh fruit options: Apples, Cuties, Berries, Pineapple, & Melon

# December Menu Week 2

<b>Meal:</b>	<b>Monday 12/7</b>	<b>Tuesday 12/8</b>	<b>Wednesday 12/9</b>	<b>Thursday 12/10</b>	<b>Friday 12/11</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Whole Wheat Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Sugar Free Rice Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Bel Vita Bars</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Baked Apples</li> <li>• Granola</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Chicken Protein Bowls w/ Black Beans &amp; Brown Rice</li> <li>• Corn</li> <li>• Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Potato Soup w/ Whole Wheat Roll</li> <li>• Salad</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Black Bean &amp; Cheese Quesadillas</li> <li>• Cucumber Salad</li> <li>• Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Sheppards Pie w/ Beef</li> <li>• Mixed Veggies</li> <li>• Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Spinach and Cheese Pizza Rolls</li> <li>• Green Beans</li> <li>• Cantaloupe</li> </ul>
<b>P.M. Snack</b>	<ul style="list-style-type: none"> <li>• Energy Balls w/ Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Goldfish &amp; Raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Zoo Trail Mix (Assorted Snacks Mixed)</li> </ul>	<ul style="list-style-type: none"> <li>• Granola Bars w/ Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie Sticks w/ Hummus</li> </ul>

**Reminder:**

- We offer Cereal with milk between 6:30-7:30
- If your child is 12months-18 months they will be offered Whole Milk; If your child is 18 months or older they will be offered 1% Milk
  - Fresh fruit options: Apples, Cuties, Berries, Pineapple, & Melon


# December Menu Week 3

Meal:	Monday 12/14	Tuesday 12/15	Wednesday 12/16	Thursday 12/17	Friday 12/18
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Scrambled Eggs w/ Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Apple Cinamon Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Grits</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Baked Oatmeal Bars</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Whole Grain Waffles</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Tuna Poke Bowl w/ Brown Rice</li> <li>• Cucumbers</li> <li>• Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Cheddar Broccoli Soup</li> <li>• Salad</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Deli turkey Wraps w/ Cream Cheese</li> <li>• Cucumbers</li> <li>• Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Chicken Pot Pie w/ Biscuits</li> <li>• Mixed Veggies</li> <li>• Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Spaghetti w/ Beef &amp; Tomato Sauce</li> <li>• Green Beans</li> <li>• Bananas</li> </ul>
<b>P.M. Snack</b>	<ul style="list-style-type: none"> <li>• Seasonal Muffins w/ Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen Yogurt w/ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Graham Crackers w/ Soy Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Animal Crackers w/ Cream Cheese Dip</li> </ul>	<ul style="list-style-type: none"> <li>• Pretzels w/ Cream Cheese</li> </ul>

**Reminder:**

- We offer Cereal with milk between 6:30-7:30
- If your child is 12months-18 months they will be offered Whole Milk; If your child is 18 months or older they will be offered 1% Milk
  - Fresh fruit options: Apples, Cuties, Berries, Pineapple, & Melon



# December Menu Week 4

Meal:	Monday 12/21	Tuesday 12/22	Wednesday 12/23	Thursday 12/24	Friday 12/25
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Cottage Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Fresh Fruit</li> <li>• Apple Sauce</li> </ul>	<b>CLOSED!</b>	<b>CLOSED!</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Quinoa Bowl w/ Black Beans &amp; Diced Tomatoes</li> <li>• Cucumbers</li> <li>• Steamed Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Tomato Soup w/ Grilled Cheese Sandwich on Whole Wheat Bread</li> <li>• Baked Apples</li> <li>• Steamed Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Cup of Milk</li> <li>• Pizza Party</li> <li>• Cesar Salad</li> <li>• Strawberries</li> </ul>		
<b>P.M. Snack</b>	<ul style="list-style-type: none"> <li>• Soy Butter &amp; Jelly Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Cellary w/ Soy Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Vanilla Yogurt w/ Cheerios Parfait</li> </ul>		

**Reminder:**

- We offer Cereal with milk between 6:30-7:30
- If your child is 12months-18 months they will be offered Whole Milk; If your child is 18 months or older they will be offered 1% Milk
  - Fresh fruit options: Apples, Cuties, Berries, Pineapple, & Melon

# December Menu Week 5

Meal:	Monday 12/28	Tuesday 12/29	Wednesday 12/30	Thursday 12/31	Friday 1/1
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Fresh Fruit</li> <li>Bagel w/ Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Fresh Fruit</li> <li>Grits</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Fresh Fruit</li> <li>Special K Bars</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Fresh Fruit</li> <li>Muffins</li> </ul>	<b>CLOSED!</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Roasted Veggies w/ Potatoes w/ Baked Chicken &amp; Brown Rice</li> <li>Oranges</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Chicken Noodle Soup w/ Egg Noodles</li> <li>Salad</li> <li>Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Baked Turkey &amp; Cheese Sliders on Whole Wheat Buns</li> <li>Zucchini</li> <li>Apples</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Milk</li> <li>Squash Risotto over Brown Rice w/ Black Beans</li> <li>Strawberries</li> </ul>	
<b>P.M. Snack</b>	<ul style="list-style-type: none"> <li>Tortilla Chips w/ Salsa</li> </ul>	<ul style="list-style-type: none"> <li>Applesauce Oat Bars w/ Cheese Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Rice Cakes w/ Soy Butter</li> </ul>	<b>CLOSED!</b>	

**Reminder:**

- We offer Cereal with milk between 6:30-7:30
- If your child is 12months-18 months they will be offered Whole Milk; If your child is 18 months or older they will be offered 1% Milk
  - Fresh fruit options: Apples, Cuties, Berries, Pineapple, & Melon