

DECEMBER MENU

PRESCHOOL

MONDAY 12/1	TUESDAY 12/2	WEDNESDAY 12/3	THURSDAY 12/4	FRIDAY 12/5
<u>BREAKFAST</u> ½ oz. W.G. LIFE CEREAL ½ C. PEACHES 6 oz. MILK <u>LUNCH</u> <i>CFC BENTO BOX</i> 1 oz. DELI TURKEY & ½ oz. CHEESE ½ oz. RITZ CRACKERS 1/4 C. CELERY & 1/4 C. CARROT STICKS w/ RANCH ¼ C. TANGERINES 6 oz. MILK <u>SNACK</u> 1/2 oz. ANIMAL CRACKERS 6 oz. MILK	<u>BREAKFAST</u> ½ oz. FRENCH TOAST STICKS ½ C. APPLESAUCE 6 oz. MILK <u>LUNCH</u> <i>SLOPPY JOES</i> 1 ½ oz. GROUND BEEF ½ oz. W.G. BUN ½ C. GREEN SALAD ¼ C. PINEAPPLE 6 oz. MILK <u>SNACK</u> ½ oz. PANCAKE 2 oz. YOGURT	<u>BREAKFAST</u> ½ oz. W.G. OATMEAL ½ C. RAISINS & ¼ C. APPLES 6 oz. MILK <u>LUNCH</u> <i>MACARONI & CHEESE</i> ½ oz. MACARONI ½ oz. CHEESE & ½ oz. HAM ½ C. PEAS ¼ C. FRUIT COCKTAIL 6 oz. MILK <u>SNACK</u> ½ oz. PRETZELS ½ C. BANANAS	<u>BREAKFAST</u> ½ oz. LIFE CEREAL ½ C. ORANGES 6 oz. MILK <u>LUNCH</u> <i>CHICKEN TENDERS</i> 1 ½ oz. CHICKEN ½ C. SWEET POTATO FRIES ¼ C. PEARS ½ oz. ROLL 6 oz. MILK <u>SNACK</u> ½ oz. W.G. WHEAT THINS ½ oz. STRING CHEESE	<u>BREAKFAST</u> 1 oz. W.G. WAFFLE ½ C. MIXED BERRIES 8 oz. MILK <u>LUNCH</u> <i>TOSTADAS</i> 1 oz. GROUND BEEF & ½ oz. CHEESE 1 oz. CORN TORTILLA 1/4 C. LETTUCE & 1/1/8 C. BEANS 1/8 C. OLIVES ¼ C. MANGO 8 oz. MILK <u>SNACK</u> 1 oz. GOLD FISH ¼ C. MIXED FRUIT
MONDAY 12/8	TUESDAY 12/9	WEDNESDAY 12/10	THURSDAY 12/11	FRIDAY 12/12
<u>BREAKFAST</u> ½ oz. BELVITA ½ C. MANDARIN ORANGES 6 oz. MILK <u>LUNCH</u> <i>HAM SANDWICH</i> 1 oz. DELI HAM ½ oz. W.G. BREAD ½ oz. CHEESE ¼ C. PICKLES ¼ C. LETTUCE ¼ C. PINEAPPLE 6 oz. MILK <u>SNACK</u> ½ oz. CLUB CRACKERS 1/2 C. 100% JUICE	<u>BREAKFAST</u> ½ oz. W.G. ENGLISH MUFFIN w/ SLICED CHEESE ½ C. KIWI 8 oz. MILK <u>LUNCH-BISTRO</u> <i>HAM</i> 1 ½ oz. HAM ½ C. MASHED POTATOES ½ oz. W.W. ROLL ¼ C. PINEAPPLE 6 oz. MILK <u>SNACK</u> ½ oz. W.G. CHEERIOS MIX 6 oz. MILK	<u>BREAKFAST</u> ½ oz. W.G. OATMEAL ½ C. BANANAS 6 oz. MILK <u>LUNCH</u> <i>CHILI</i> 1 ½ oz. CHILI w/ MEAT & BEANS ½ oz. CORNBREAD ½ C. COLESLAW ¼ C. PEACHES 6 oz. MILK <u>SNACK</u> ½ oz. FLOUR TORTILLA w/ WOW BUTTER ½ C. GREEN APPLES	<u>BREAKFAST</u> ½ oz. MINI BAGEL w/ cream cheese ½ C. GRAPES 6 oz. MILK <u>LUNCH</u> <i>GRILLED CHEESE SAND.</i> 1 ½ oz. SLICED CHEESE ½ oz. W.G. BREAD 1/4 C. BREAD & BUTTER PICKLES & 1/4 C. CELERY ¼ C. PEARS 6 oz. MILK <u>SNACK</u> ½ HARD BOILED EGG ½ oz. SALTINES CRAFT NIGHT	<u>BREAKFAST</u> ½ C. W.G. CHEERIOS ½ C. RED APPLES 6 oz. MILK <u>LUNCH</u> <i>ENGLISH MUFFIN PIZZAS</i> ½ oz. ENGLISH MUFFIN 1 oz. PEPPERONI & 1/2 oz. CHEESE 1/8 C. OLIVES & 1/8 C. SAUCE ¼ C. TANGERINES 6 oz. MILK <u>SNACK</u> ½ oz. PITA w/ HUMMUS ½ C. CARROT STICKS

W.G. = WHOLE GRAIN

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

DECEMBER MENU

PRESCHOOL

MONDAY 12/15	TUESDAY 12/16	WEDNESDAY 12/17	THURSDAY 12/18	FRIDAY 12/19
<u>BLUE & WHITE WINTER BREAKFAST</u> ½ oz. W.G. LIFE CEREAL ½ C. PEACHES 6 oz. MILK <u>LUNCH</u> <u>CFC BENTO BOX</u> 1 oz. DELI TURKEY & ½ oz. CHEESE ½ oz. RITZ CRACKERS 1/4 C. CELERY & 1/4 C. CARROT STICKS w/ RANCH ¼ C. TANGERINES 6 oz. MILK <u>SNACK</u> 1 oz. CREAM CHEESE SPREAD ½ oz. SALTINES	<u>PLAID DAY BREAKFAST</u> 1 oz. W.G. CHEERIOS ½ C. BANANA 8 oz. MILK <u>LUNCH</u> <u>SLOPPY JOES</u> 2 oz. GROUND BEEF 1 oz. W.G. BUN ½ C. GREEN BEANS ¼ C. PINEAPPLE 8 oz. MILK <u>SNACK</u> 1 oz. ANIMAL CRACKERS 4 oz. YOGURT	<u>GREEN DAY BREAKFAST</u> 1 oz. W.G. AVOCADO TOAST ¼ C. GREEN APPLES & ¼ C. GUAC. 8 oz. MILK <u>LUNCH</u> <u>GREEN CHICKEN ENCHILADAS</u> 1oz. CHICKEN 2 oz. CHEESE 1 oz. CORN TORTILLA ¼ C. BLACK BEANS ¼ C. KIWI 8 oz. MILK <u>SNACK</u> 1 oz. CHIPS +GUACAMOLE ¼ C. 100% APPLE JUICE	<u>RED DAY BREAKFAST</u> 1 oz. W.G. WAFFLE ½ C. MIXED BERRIES 8 oz. MILK <u>LUNCH</u> <u>SPAGHETTI</u> 2 oz. GROUND BEEF ½ C. GREEN SALAD 1 oz. PASTA ¼ C. PEARS 8 oz. MILK <u>SNACK</u> 1 oz. RED GRAPES 1 oz. WHEAT THINS	<u>HAT DAY BREAKFAST</u> 1 oz. FRENCH TOAST STICKS ½ C. MIXED FRUIT 8 oz. MILK <u>LUNCH</u> <u>CHCKEN STIR FRY</u> 2 oz. CHICKEN ½ C. STIR FRY VEGGIES 1 oz. W.G. BROWN RICE ¼ C. MIXED FRUIT 8 Oz. MILK <u>SNACK</u> 1 oz. RITZ CRACKERS 1 oz. CHEESE CUBES
MONDAY 12/22	TUESDAY 12/23	WEDNESDAY 12/24	THURSDAY 12/25	FRIDAY 12/26
<u>BREAKFAST</u> ½ oz. W.G. CHEERIOS ¼ C. FRUIT COCKTAIL 6 oz. MILK <u>LUNCH</u> <u>LASAGNA</u> 1 ½ oz. MEAT ½ oz. PASTA ½ C. CARROTS W/ RANCH ¼ C. PEARS 6 oz. MILK <u>SNACK</u> <u>SMOOTHIES</u> 1 oz. VANILLA YOGURT ¼ C. BERRIES/1/4 C.ORANGE JUICE ½ oz. GRAHAM CRACKERS	<u>BREAKFAST</u> ½ oz. W.G. MINI BAGEL w/ cream cheese ¼ C. GRAPES 6 oz. MILK <u>LUNCH</u> <u>ENGLISH MUFFIN PIZZAS</u> ½ oz. ENGLISH MUFFIN 1 oz. PEPPERONI & 1/2 oz. CHEESE 1/8 C. OLIVES & 1/8 C. SAUCE ¼ C. KIWI 6 oz. MILK <u>SNACK</u> 1 oz. PRETZELS ½ C. TANGERINES	<u>CFC CLOSED</u> 	<u>CFC CLOSED</u>  MERRY CHRISTMAS	<u>CFC CLOSED</u> 

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