

December Lunch Menu

Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.



Visit us at www.goodfoodco.com
Age appropriate milk must be served with lunch

~This menu is designed for children age 12+ months

12/1
*Beans & Rice
Tossed salad
Tortilla
Fresh fruit

12/4
Pasta w/chicken sausage & butter-nut sauce
Salad
Fresh fruit

12/5
Quiche
Peas
Whole wheat bread/butter
Fresh fruit

12/6
Spaghetti & meat sauce
Grated cheese
Spinach salad
Fresh fruit

12/7
Chicken leg w/ buttermilk gravy
Zucchini & yellow squash
Wheat bread/butter
Fresh fruit

12/8
Turkey taco w/whole wheat tortilla
Corn
Grated cheese
Fresh fruit

12/11
Chicken & tarragon w/whole wheat rotini
Southwest salad
Fresh fruit

12/12
Turkey meatloaf
Mashed sweet potatoes
Wheat bread/butter
Fresh fruit

12/13
Dirty rice with beef, vegetables, quinoa and farrow
Apple cole slaw
Fresh fruit

12/14
Black bean, corn, & chicken quesadilla
With whole wheat tortilla
Green Beans
Fresh fruit

12/15
*Lasagna
Tossed salad
Fresh fruit

12/18
Whole wheat ziti with chicken sausage & tomato sauce, and baby kale
Grated cheese
Vegetable salad
Fresh fruit

12/19
Chicken chili
Broccoli & cheese salad
Whole wheat bread/butter
Fresh fruit

12/20
*Ravioli w/olive oil, tomato sauce & fresh basil
Peas
Fresh fruit

12/21
Hamburger slider
Bean medley
Roll
Fresh fruit

12/22
BBQ chicken leg
California blend vegetables
Whole wheat bread/butter
Fresh fruit

12/25

CLOSED FOR
CHRISTMAS DAY HOLIDAY

12/26
Turkey sloppy joe
Corn & edamame
Roll
Fresh fruit

12/27
*Cheese melt
Tomato alphabet soup
Fresh fruit

12/28
Teriyaki chicken
Oriental vegetables
Wheat bread/butter
Fresh fruit

12/29
*Whole wheat macaroni & cheese
Mixed vegetables
Fresh fruit

December Vegetarian Menu

				12/1 *Beans & Rice Tossed salad Tortilla Fresh fruit
12/4 Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	12/5 Spinach Quiche Peas Whole wheat bread/butter Fresh fruit	12/6 Spaghetti & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	12/7 Chix patty Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	12/8 Black bean and brown rice burrito w/ whole wheat tortilla Corn Grated cheese Fresh fruit
12/11 Pasta salad w/ avocado, pesto and egg Southwest salad Fresh fruit	12/12 French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit	12/13 Vegetarian dirty rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	12/14 Black bean, corn, & cheese quesadilla With whole wheat tortilla Green Beans Fresh fruit	12/15 *Lasagna Tossed salad Fresh fruit
12/18 Teriyaki patty Grated cheese Vegetable salad Fresh fruit	12/19 Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	12/20 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	12/21 Gardenburger Bean medley Roll Fresh fruit	12/22 Quinoa, couscous, and parme- san California blend vegetables Whole wheat bread/butter Fresh fruit
12/25 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****	12/26 Vegetarian sloppy joe Corn & edamame Roll Fresh fruit	12/27 *Cheese melt Tomato alphabet soup Fresh fruit	12/28 Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit	12/29 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit

December Breakfast/Afternoon Snack Menu

				12/1 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
12/4 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/5 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/6 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	12/7 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	12/8 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
12/11 Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/12 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	12/13 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	12/14 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/15 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
12/18 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/19 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/20 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	12/21 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	12/22 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
12/5 ***** CLOSED FOR CHRISTMAS HOLIDAY *****	12/26 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	12/27 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	12/28 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/29 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar