



Breakfast & Snack



December, 2019



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|--|--|--|--|---|
| 12/2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 12/3 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 12/4 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 12/5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 12/6 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 12/9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 12/10 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt | 12/11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 12/12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 12/13 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 12/16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 12/17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 12/18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 12/19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 12/20 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 12/23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 12/24 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt | 12/25 ***** CLOSED FOR CHRISTMAS DAY ***** | 12/26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 12/27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix |
| 12/30 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 12/31 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | | | |

+ Whole grain




Lunch



December 2019



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| 12/2 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 12/3 +*Whole grain pizza Garden salad Fresh fruit | 12/4 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit | 12/5 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit | 12/6 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit |
| 12/9 Chicken Alfredo with tri-color pasta Salad Fresh fruit | 12/10 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit | 12/11 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit | 12/12 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit | 12/13 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit |
| 12/16 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit | 12/17 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit | 12/18 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit | 12/19 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit | 12/20 *Lasagna Tossed salad Fresh fruit |
| 12/23 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit | 12/24 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 12/25 ***** CLOSED FOR CHRISTMAS DAY ***** | 12/26 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 12/27 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit |
| 12/30 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit | 12/31 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit | ~This menu is designed for children age 12+ months | 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. This institution is an equal opportunity provider |  <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p> |

*Vegetarian meal

+Whole grain



Vegetarian lunch



December 2019



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|---|--|---|---|--|
| 12/2 White bean mushroom soup Spinach salad Fresh fruit | 12/3 Gluten free pizza Garden salad Fresh fruit | 12/4 Asian salad with baked tofu Whole wheat bread/butter Fresh fruit | 12/5 Moroccan sweet potato lentil soup Carrots Whole wheat bread/butter Fresh fruit | 12/6 Beans & Brown rice Tossed salad Corn tortilla Fresh fruit |
| 12/9 Vegan pasta alfredo Salad Fresh fruit | 12/10 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit | 12/11 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit | 12/12 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit | 12/13 Lentil taco w/ corn tortilla Corn Fresh fruit |
| 12/16 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit | 12/17 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit | 12/18 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit | 12/19 Enchilada casserole With corn tortilla Green beans Fresh fruit | 12/20 French lentils with thyme Tossed salad Fresh fruit |
| 12/23 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit | 12/24 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit | 12/25 ***** CLOSED FOR CHRISTMAS DAY ***** | 12/26 Vegan jambalaya Peas Fresh fruit | 12/27 Mushroom stroganoff California blend vegetables Whole wheat bread/butter Fresh fruit |
| 12/30 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit | 12/31 Gluten free cheese melt Tomato alphabet soup Fresh fruit | | | |

All entrees are vegan and gluten free

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan