



December 2020



Breakfast & snack



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age appropriate milk must be served with breakfast</i>	1 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	2 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	3 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	4 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
7 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	8 Blueberry bagel w/butter Fresh fruit ~~~~~ ~~~~~ Saltines Cherry/vanilla yogurt	9 +Kix Fresh fruit ~~~~~ ~~~~~ Flatbread Sliced cheddar	10 Bran muffin Fresh fruit ~~~~~ ~~~~~ Diced pears Cereal snack mix	11 +Blueberry-peach oatmeal ~~~~~ ~~~~~ Triscuits Cucumber slices & ranch
14 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	15 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	16 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	17 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	18 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
21 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	22 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	23 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	24 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	25 Closed For Christmas Day
28 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	29 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	30 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	31 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	

+Whole grain



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Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age appropriate milk must be served with lunch</i>	1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	2 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	4 (V) Lasagna Tossed salad Fresh fruit
7 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	15 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	17 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	24 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	25 Closed for Christmas Day
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	31 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<i>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</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan