

December Lunch Menu

<p><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.</i></p>	<p>Visit us at www.goodfoodco.com</p>	<p>~This menu is designed for children age 12+ months</p>		<p>12/1 *Beans & Rice Tossed salad Tortilla Fresh fruit</p>
<p>12/4 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit</p>	<p>12/5 Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>12/6 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>12/7 Ranch style chicken leg Zucchini & yellow squash Wheat bread/butter Fresh fruit</p>	<p>12/8 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>12/11 Chicken & tarragon w/whole wheat rotini Broccoli & cheese salad Fresh fruit</p>	<p>12/12 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>12/13 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>12/14 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>12/15 *Lasagna Tossed salad Fresh fruit</p>
<p>12/18 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>12/19 Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit</p>	<p>12/20 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>12/21 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>12/22 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>12/25 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****</p> <p>* Vegetarian</p>	<p>12/26 Turkey sloppy joe Corn & edamame Roll Fresh fruit</p>	<p>12/27 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>12/28 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>12/29 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>

December 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

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, pes- to 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 parmesan 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