

	Monday 12/3/18	Tuesday 12/4/18	Wednesday 12/5/18	Thursday 12/6/18	Friday 12/7/18
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CORN CHEX CEREAL 100% ORANGE JUICE * MILK	WHOLE GRAIN ENGLISH MUFFIN PEACHES * MILK	EGG OMELET SLICED TOMATO * MILK	WHOLE WHEAT WAFFLE APPLESAUCE * MILK	TURKEY SAUSAGE HASHBROWN * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BARBEQUE CHICKEN WHOLE WHEAT ROLL BAKED SWEET POTATO GREEN BEANS * MILK	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL * MILK	SLICED TURKEY WITH GRAVY WHOLE WHEAT ROLL YELLOW SQUASH PEARS * MILK	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED CARROTS PINEAPPLE CHUNKS * MILK	BBQ PULLED PORK WHOLE WHEAT BUN COLESLAW PEACHES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	LOWFAT YOGURT APPLE SLICES WATER	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER	WHOLE GRAIN PITA CHIPS HUMMUS WATER	HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER	ENRICHED GRAHAM CRACKER *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				


	Monday 12/10/18	Tuesday 12/11/18	Wednesday 12/12/18	Thursday 12/13/18	Friday 12/14/18
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MUFFIN FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	FRESH STRAWBERRIES LOWFAT YOGURT * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN LIFE CEREAL ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT WARMED PEACHES * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CINNAMON TOAST BANANA * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN QUESADILLA WHOLE WHEAT TORTILLA REFRIED BEANS APPLE SLICES * MILK <input type="checkbox"/> Whole Grain	BEEF MEATLOAF WHOLE GRAIN ITALIAN BREAD <u>KALE FRIED RICE</u> FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	BEEF HOTDOGS WHOLE WHEAT BUN BAKED BEANS COLESLAW * MILK <input type="checkbox"/> Whole Grain	CHICKEN STRIPS WHOLE WHEAT WAFFLES HASHBROWNS STRAWBERRIES * MILK <input type="checkbox"/> Whole Grain	TURKEY AND CHEESE ON WHOLE WHEAT BREAD TOMATO SOUP PEARS * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN PRETZELS FRESH TANGERINES WATER <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEERIOS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEESE ITS PEAR HALVES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CRACKERS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



Harvest of the month: Apples & Kale

Dec-18

	Monday 12/17/18	Tuesday 12/18/18	Wednesday 12/19/18	Thursday 12/20/18	Friday 12/21/18
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN WAFFLE APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	WHOLE CORN CHEX CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain	EGG OMELET TOMATO SLICES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED FISH WHOLE GRAIN CORN MUFFIN GARLIC MASH POTATOES CREAMED SPINACH * MILK <input type="checkbox"/> Whole Grain	TURKEY BURGER ON MULTIGRAIN BUN BAKED BEANS COLESLAW *MILK <input type="checkbox"/> Whole Grain	BEEF LIL SMOKIES WHOLE GRAIN ROLL STEAMED BROCCOLI & CHEESE ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN & ENRICHED BROWN RICE <u>GINGERED CARROTS</u> FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	TUNA SALAD WHOLE WHEAT BREAD CARROT STICKS PEARS * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKE LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain	HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER *MILK <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

	Monday 12/24/18	<input type="checkbox"/> Tuesday 12/25/18	Wednesday 12/26/18	Thursday 12/27/18	Friday 12/28/18
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL CINNAMON APPLESAUCE * MILK	MERRY CHRISTMAS MERRY CHRISTMAS MERRY CHRISTMAS	WHOLE WHEAT PANCAKES PEAR HALVES * MILK	TURKEY SAUSAGE TATOR TOTS * MILK	WHOLE GRAIN KIX CEREAL 100% ORANGE JUICE * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY SLICES IN GRAVY WHOLE GRAIN ROLLS GREEN BEANS MASH POTATOES * MILK		BEEF HOTDOGS WHOLE WHEAT BUN PINEAPPLE TIDBITS COLESLAW * MILK	CHICKEN STRIPS WHOLE GRAIN WAFFLES CITRUS SALAD HASHBROWNS * MILK	HAM AND CHEESE ON WHOLE WHEAT PITA WRAP TOMATO SOUP PEARS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN BELVITA BITES *MILK	MERRY CHRISTMAS MERRY CHRISTMAS MERRY CHRISTMAS	WHOLE GRAIN SUN CHIPS BANANA WATER	WHOLE GRAIN RICE CAKES STRING CHEESE WATER	ENRICHED GRAHAM CRACKER LOWFAT YOGURT WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<p>* One year olds are served 2% Fat Free Milk and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</p>					



	Monday 12/31/18	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ALL BRAN CEREAL ORANGE SLICES * MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF MEATLOAF WHOLE GRAIN BROWN RICE BUTTER BEANS <u>FRUIT SALAD</u> *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CHEDDAR CHEESE CUBES APPLE SLICES WATER				
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				