



	Monday 12/3/18	Tuesday 12/4/18	Wednesday 12/5/18	Thursday 12/6/18	Friday 12/7/18
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CORN CHEX CEREAL 100% ORANGE JUICE * MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN PEACHES * MILK  <input type="checkbox"/> Whole Grain	EGG OMELET SLICED TOMATO * MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT WAFFLE APPLESAUCE * MILK  <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE HASHBROWN * MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BARBEQUE CHICKEN WHOLE WHEAT ROLL BAKED SWEET POTATO GREEN BEANS * MILK  <input type="checkbox"/> Whole Grain	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL * MILK  <input type="checkbox"/> Whole Grain	SLICED TURKEY WITH GRAVY WHOLE WHEAT ROLL YELLOW SQUASH PEARS * MILK  <input type="checkbox"/> Whole Grain	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED CARROTS PINEAPPLE CHUNKS * MILK  <input type="checkbox"/> Whole Grain	BBQ PULLED PORK WHOLE WHEAT BUN COLESLAW PEACHES * MILK  <input type="checkbox"/> Whole Grain
<b>SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	LOWFAT YOGURT APPLE SLICES 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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF & CHEESE NACHOS WHOLE GRAIN CHIPS MANGO CHUNKS PINTO BEANS * MILK  <input type="checkbox"/> Whole Grain	TURKEY BURGER ON WHEAT BUN CORN ON THE COB FRENCH FRIES * MILK  <input type="checkbox"/> Whole Grain	HAM & CHEESE ON WHEAT WRAP MANDARIN ORANGES SPINACH SALAD WITH RASBERRY VINAIGRETTE * MILK  <input type="checkbox"/> Whole Grain	BAKED FISH FILLET SLICED WHOLE WHEAT BREAD STEAMED BROCCOLI W/ CHEESE MASH POTATOES * MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT SPAGHETTI W/ MEATSAUCE <u>FRUIT SALAD</u> GREEN BEANS * MILK  <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
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>SNACK</b> 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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF SAUSAGE W/ RED BEANS AND BROWN RICE PEAR HALVES CORN MUFFIN * MILK  <input type="checkbox"/> Whole Grain	TURKEY & CHEESE ON MULTIGRAIN BREAD TOSSED SALAD W/ RANCH APRICOT HALVES *MILK  <input type="checkbox"/> Whole Grain	BEEF SPAGHETTI W/ WHOLE GRAIN NOODLES GREEN BEANS APPLESAUCE * MILK  <input type="checkbox"/> Whole Grain	TUNA SALAD WHOLE WHEAT PITA POCKET CUCUMBER AND TOMATO SALAD PINEAPPLES RINGS * MILK  <input type="checkbox"/> Whole Grain	SALSIBURY STEAK W/ GRAVY WHOLE WHEAT ROLL STEAMED CABBAGE STEAMED CARROTS * MILK  <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 12/17/18	Tuesday 12/18/18	Wednesday 12/19/18	Thursday 12/20/18	Friday 12/21/18
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>SNACK</b> 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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES FRENCH FRIES * MILK  <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CARROT STICKS *MILK  <input type="checkbox"/> Whole Grain	SALSIBURY STEAK W/ GRAVY ENRICHED BROWN RICE DICED PEACHES CABBAGE * MILK  <input type="checkbox"/> Whole Grain	SLICED HAM % CHEESE WHOLE WHEAT WRAP FRESH APPLE SLICES TOSSED SALAD * MILK  <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN SWEET POTATOE FRIES COLESLAW * MILK  <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
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL CINNAMON APPLESAUCE * MILK  <input type="checkbox"/> Whole Grain	<input type="checkbox"/> MERRY CHRISTMAS MERRY CHRISTMAS MERRY CHRISTMAS Whole Grain	WHOLE WHEAT PANCAKES PEAR HALVES * MILK  <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE TATOR TOTS * MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN KIX CEREAL 100% ORANGE JUICE * MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> 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  <input type="checkbox"/> Whole Grain	<input type="checkbox"/>  Whole Grain	BEEF HOTDOGS WHOLE WHEAT BUN PINEAPPLE TIDBITS COLESLAW * MILK  <input type="checkbox"/> Whole Grain	CHICKEN STRIPS WHOLE GRAIN WAFFLES CITRUS SALAD HASHBROWNS * MILK  <input type="checkbox"/> Whole Grain	HAM AND CHEESE ON WHOLE WHEAT PITA WRAP TOMATO SOUP PEARS * MILK  <input type="checkbox"/> Whole Grain
<b>SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN BELVITA BITES *MILK  <input type="checkbox"/> Whole Grain	<input type="checkbox"/> MERRY CHRISTMAS MERRY CHRISTMAS MERRY CHRISTMAS Whole Grain	WHOLE GRAIN SUN CHIPS BANANA WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES STRING CHEESE WATER  <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER LOWFAT YOGURT WATER  <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN MULTIGRAIN ROLL FRUIT COCKTAIL LIMA BEANS * MILK  <input type="checkbox"/> Whole Grain	<input type="checkbox"/>  Whole Grain	SLICED TURKEY WITH GRAVY WHOLE WHEAT ROLL YELLOW SQUASH MASH POTATOES * MILK  <input type="checkbox"/> Whole Grain	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED BABY CARROTS PEARS HALVES * MILK  <input type="checkbox"/> Whole Grain	BBQ PULLED PORK MULTIGRAIN BUN COLESLAW PEACHES * MILK  <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 12/31/18	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CHEDDAR CHEESE CUBES APPLE SLICES WATER				
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL *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.				