



	Monday 12/2/19	Tuesday 12/3/19	Wednesday 12/4/19	Thursday 12/5/19	Friday 12/6/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<u>JOHNNY APPLESAUCE</u> <u>PANCAKES</u> BANANA *MILK <input type="checkbox"/> Whole Grain	BLUEBERRY MUFFIN CANTELOUPE *MILK <input type="checkbox"/> Whole Grain	EGG OMELET PEAR HALVES *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	BREAKFAST BURRITO (SCAMBLED EGG & SAUSAGE) WHOLE WHEAT TORTILLA APPLE SLICES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ PULLED PORK WHOLE WHEAT BUN SWEET POTATO FRIES BAKED BEANS * MILK <input type="checkbox"/> Whole Grain	<u>HAWIIAN TURKEY PENNE</u> WHOLE WHEAT PASTA ZUCCHINI & SQUASH FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	FISH STICKS GARLIC TOAST GREEN BEANS TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	SHRIMP POPPERS ON WHOLE WHEAT FLATBREAD COLE SLAW PEACHES * MILK <input type="checkbox"/> Whole Grain	BEEF BBQ MEATBALLS WHOLE WHEAT NOODLES SWEET PEAS STRAWBERRY HALVES * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PRETZELS HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	BANANA NUT MUFFIN APRICOT HALVES WATER <input type="checkbox"/> Whole Grain	GREEK YOGURT WHOLE GRAIN GRANOLA WATER <input type="checkbox"/> Whole Grain	APPLE CINNAMON RICE CAKES 100% FRUIT PUNCH WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TRISCUIT CRACKERS BOILED EGG HALVES WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHOPPED STEAK BROWN RICE W/GRAVY BAKED CINNAMON APPLES CORN * MILK <input type="checkbox"/> Whole Grain	FISH TACO WHOLE WHEAT TORTILLA ZESTY CORN WATERMELON * MILK <input type="checkbox"/> Whole Grain	<u>PITA PIZZA POCKET</u> WHOLE GRAIN PITA BREAD CARROTS W/ RANCH DIP STRAWBERRY HALVES * MILK <input type="checkbox"/> Whole Grain	CHICKEN ALFREDO W/ WHOLE WHEAT PENNE STRAWBERRY APPLESAUCE BRUSSELL SPROUTS * MILK <input type="checkbox"/> Whole Grain	POT ROAST MULTIGRAIN ROLL MASH POTATO W/ GRAVY FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	<u>HUMMUS WRAP</u> (WHOLE WHEAT TORTILLA, , HUMMUS, SPINACH) WATER <input type="checkbox"/> Whole Grain	LOWFAT YOGURT WHOLE GRAIN GRANOLA WATER <input type="checkbox"/> Whole Grain	CINNAMON BELVITA CRACKERS APPLESAUCE WATER <input type="checkbox"/> Whole Grain	HAM & CHEESE PINWHEELS WHOLE WHEAT TORTILLA WATER <input type="checkbox"/> Whole Grain	WG HARVEST GRAIN SUNCHIPS 100% BERRY BERRY JUICE <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 12/9/19	Tuesday 12/10/19	Wednesday 12/11/19	Thursday 12/12/19	Friday 12/13/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BAGEL W/ CREAM CHEESE STRAWBERRY HALVES *MILK	BUTTERMILK PANCAKE PEACHES *MILK	CHEESE CROSSIANT APPLESAUCE *MILK	FRENCH TOAST STICKS PEAR HALVES *MILK	SPECIAL K CEREAL (ORIGINAL) 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	<u>BEAN & RICE BURRITOS</u> WHOLE GRAIN TORTILLA CELERY W/ DIP APPLE SLICES *MILK	SLICED TURKEY W/ GRAVY BROWN RICE SWEET PEAS BAKED SWEET POTATO *MILK	BAKED SPAGHETTI W/ GROUND TURKEY WHOLE GRAIN NOODLES GREEN BEANS PEAR HALVES *MILK	STEAK PATTY ON WHOLE WHEAT BUN FRENCH FRIES MANDARIAN ORANGES *MILK	BAKED TALIPIA WHOLE WHEAT ROLL MIXED VEGGIES FRUIT SALAD *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	ENRICHED PRETZELS STRING CHEESE WATER	GRILLED CHEESE SANDWICH (WHOLE WHEAT BREAD, CHEDDAR CHEESE) WATER	<u>EAGLE NEST</u> (PEAR HALVES, COTTAGE CHEESE, RAISINS) WATER	GOLDFISH PINEAPPLE TIDBITS WATER	ENRICHED TEDDY GRAHAM CHEDDAR CHEESE CUBES 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH NUGGETS WHOLE GRAIN ROLL TATOR TOTS APRICOT HALVES *MILK	BAKED BBQ CHICKEN WHOLE GRAIN ROLL SAUTEED SPINACH APPLE CRISP *MILK	POT ROAST W/ GRAVY BROWN RICE BLACKEYE PEAS STEAMED CABBAGE *MILK	SALMON PATTIES ENRICHED BUTTERED GRITS WHOLE WHEAT BREAD SWEET PEAS FRUIT COCKTAILS *MILK	SMOKED TURKEY WRAP WHOLE WHEAT PITA CARROT CHIPS APPLE 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
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED RICE CAKES 100% BERRY JUICE	HARVEST CHEDDAR SUNCHIPS 100% BERRY BERRY JUICE WATER	SUNDRIED TOMATO WHEAT THINS BANANA WATER	CARROT & RAISIN SALAD WHOLE WHEAT SALTINES WATER	<u>PETER PUMPKIN SQUARES</u> GREEK 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
	* 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 12/16/19	Tuesday 12/17/19	Wednesday 12/18/19	Thursday 12/19/19	Friday 12/20/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CREAM OF WHEAT PEACHES *MILK <input type="checkbox"/> Whole Grain	BEEF SAUSAGE BISCUIT HASHBROWNS *MILK <input type="checkbox"/> Whole Grain	CANADIAN BACON W EGG & CHEESE CROSSIANT STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN FRENCH TOAST STICKS BANANA SLICES *MILK <input type="checkbox"/> Whole Grain	BREAKFAST PIZZA (WHOLE GRAIN ENGLISH MUFFIN, CREAM CHEESE & STRAWBERRIES) *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROAST BEEF ON WHEAT WHEAT BUN APPLE SLICES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	ROASTED CHICKEN WINGS WHOLE GRAIN ROLL SWEET PEAS BAKED APPLES * MILK <input type="checkbox"/> Whole Grain	TURKEY GUMBO OVER BROWN RICE OVEN FRIED OKRA ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	HAM & CHEESE ON WHOLE GRAIN CROSSIANT SPINACH & TOMATO SALAD PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain	<u>LASAGNA</u> WG LASANGA NOODLES TOSSED SALAD W/ RASPBERRY VINAIGRETTE MANDARIAN ORANGES *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	HARD PRETZELS TANGERINES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT GOLDFISH ORANGE SLICES WATER <input type="checkbox"/> Whole Grain	RITZ CRACKERS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS SALSA WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS PB/SOY BUTTER WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED BEEF SPAGHETTI WHOLE WHEAT NOODLES TOSSED SALAD SLICED KIWI * MILK <input type="checkbox"/> Whole Grain	HONEY GLAZED SALMON BROWN RICE GREEN BEANS PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	EGG SALAD ON WHOLE WHEAT BUN SWEET POTATO FRIES HONEY DEW *MILK <input type="checkbox"/> Whole Grain	TURKEY SWEDISH MEATBALLS WHOLE WHEAT NOODLES CARROTS LIMA BEANS * MILK <input type="checkbox"/> Whole Grain	SMOTHERED CHICKEN ENRICHED CORNBREAD COLLARD GREENS APPLE CRISP *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WW CHEEZ ITS 100% BERRY BERRY JUICE <input type="checkbox"/> Whole Grain	<u>BANANA WALDORF</u> WITH LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUNCHIPS FRUIT COCKTAIL WATER <input type="checkbox"/> Whole Grain	RANCH WHEAT THINS KIWI SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT TRISCUITS CHEDDAR CHEESE CUBES WATER <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 12/23/19	Tuesday 12/24/19	Wednesday 12/25/19	Thursday 12/26/19	Friday 12/27/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<u>CRANBERRY PUMPKIN MUFFIN</u> APPLE SAUCE *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST PEAR HALVES * MILK <input type="checkbox"/> Whole Grain		CHICKEN STICKS HASHBROWNS *MILK <input type="checkbox"/> Whole Grain	APPLE & RAISIN MUFFIN ORANGE SLICES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SALSIBURY STEAK W/ GRAVY BROWN RICE <u>SQUASH CASSEROLE</u> PEACHES * MILK <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT SALTINES CARROTS CHIPS BANANA SLICES * MILK <input type="checkbox"/> Whole Grain		FISH FILLETS ENRICHED CORNBREAD STEAMED BROCCOLI W/ CHEESE SEASONED CORN * MILK <input type="checkbox"/> Whole Grain	BLT ON WW TOAST (Canadian bacon, lettuce, tomato) FRENCH FRIES FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS GREEK YOGURT WATER <input type="checkbox"/> Whole Grain	HAM & CHEESE PINWHEELS WHOLE WHEAT TORTILLA WATER <input type="checkbox"/> Whole Grain		ENRICHED RICE CAKES PEACHES WATER <input type="checkbox"/> Whole Grain	TURKEY STICKS AND COLBY CHEESE WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<u>APRICOT & LEMON</u> CHICKEN WW MAC & CHEESE STRAWBERRY HALVES SWEET PEAS *MILK <input type="checkbox"/>	BEEF LASAGNA WHOLE GRAIN NOODLES PINEAPPLE CHUNKS STEAMED CARROTS * MILK <input checked="" type="checkbox"/> Whole Grain		GRILLED CHEESE W/ WHOLE WHEAT BREAD VEGGIE SOUP BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	HAM & CHEESE ON WHOLE GAIN CROSSIANT SLICED CUCUMBER APPLE SLICES *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	TEDDY GRAHAMS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	ENRICHED HARD PRETZELS TANGERINES WATER <input type="checkbox"/> Whole Grain		ENRICHED ANIMAL CCACEKRS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	BLUEBERRY BAGEL STAWBERRY HALVES COOL WHIP WATER <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 12/30/19	Tuesday 12/31/19	Wednesday	THURSDAY	Friday 11/1/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	TURKEY SAUSAGE BUTTERED GRITS ORANGE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN BLUEBERRY MUFFIN STAWBERRY HALVES *MILK <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	ORANGE CHICKEN W/ BROWN STICKY RICE BROCCOLI W/ CHEESE <u>APPLE CRISP</u> *MILK <input type="checkbox"/> Whole Grain	TURKEY CHILI W/ KIDNEY BEANS ENRICHED CORNBREAD MUFFIN ZESTY CORN *MILK <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	COOL RANCH DORITOS GRAPE JUICE <input type="checkbox"/> Whole Grain	APPLE SLICES TRAIL MIX WATER <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NACHOS W/ BEEF & CHEESE WHOLE GRAIN TORTILLA FRUIT COCKTAIL CORN SALSA *MILK <input type="checkbox"/> Whole Grain	GRILLED CHEESE W/ CANDAIAN BACON ON WHOLE WHEAT BREAD TOSSED SALAD BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	LOWFAT YOGURT WHOLE GRAIN GRANOLA WATER <input type="checkbox"/> Whole Grain	HARD PRETZELS TANGERINES WATER <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<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.				