






				Thursday 12/1/22	Friday 12/2/22
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>REINDEER CELERY</b> 	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<b>EAT A RED APPLE DAY!</b> WHOLE GRAIN MAPLE OATMEAL APPLE SLICES *MILK	TURKEY SAUSAGE TATOR TOTS BLUEBERRIES *MILK
				<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>		<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	WHOLE GRAIN TOAST BANANA WATER	ENRICHED BISCUIT STRAWBERRIES WATER
				<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	<b>CANDY CANE FRUIT</b> 	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	CHICKEN FILET SANDWICH MULTI GRAIN BUN CARROT RAISIN SALAD SWEET PEAS *MILK	HAM & SWISS CHEESE WHOLE WHEAT SLIDER BUN PINEAPPLE RINGS CREAMED SPINACH *MILK
				<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>		<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	ENRICHED PRETZELS TROPICAL FRUIT WATER	LOW FAT YOGURT PEACHES WATER
				<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	<b>RUDOLPH SANDWICH</b> 	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	GROUND BEEF SOFT TACOS ENRICHED FLOUR TORTILLA APRICOT HALVES BLACK BEANS *MILK	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES STEAMED BROCCOLI *MILK
				<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>		<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	TRAIL MIX WHOLE GRAIN CEREAL RAISINS WATER	<a href="https://www.cacfp.org/2022/09/13/sour-cucumber-bites/">https://www.cacfp.org/2022/09/13/sour-cucumber-bites/</a> WHOLE GRAIN CRACKERS SOUR CUCUMBER BITES WATER
				<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served white Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



# Harvest of the month: Lettuce December 2022

	Monday 12/5/22	Tuesday 12/6/22	Wednesday 12/7/22	Thursday 12/8/22	Friday 12/9/22
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN WAFFLES APRICOT SLICES *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT PUMPKIN MUFFIN BLUEBERRIES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED GRITS WARMED PEACHES *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT FRENCH TOAST GREEN APPLE SLICES *MILK  <input type="checkbox"/> Whole Grain	BREAKFAST BURRITO WHOLE WHEAT TORTILLA SCRAMBLED EGGS, DICED HAM HASHBROWNS *MILK  <input type="checkbox"/> Whole Grain
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT ENGLISH MUFFIN SLICED PEARS  WATER  <input type="checkbox"/> Whole Grain	MULTI GRAIN CHEERIOS 100% APPLE JUICE  WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT MINI BAGEL EGG HALVES CANTALOUPE WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST APRICOTS  WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES STRAWBERRIES  WATER  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<a href="https://www.cacfp.org/2020/12/15/asian-chicken-wraps/">https://www.cacfp.org/2020/12/15/asian-chicken-wraps/</a> BONELESS CHICKEN WHOLE WHEAT TORTILLA ORANGE WEDGES MIXED VEGETABLES *MILK  <input type="checkbox"/> Whole Grain	SALSURY STEAK BROWN RICE W/ GRAVY GROOVY GRAPES ROMAINE LETTUCE SALAD *MILK  <input type="checkbox"/> Whole Grain	BBQ PULLED PORK ENRICHED TEXAS TOAST ORANGE WEDGES TRI-COLOR COLE SLAW *MILK  <input type="checkbox"/> Whole Grain	XTRA CHEESE VEGGIE PIZZA EXTRA CHEESE WHOLE GRAIN CRUST WATERMELON SWEET PEPPERS *MILK  <input type="checkbox"/> Whole Grain	CHICKEN & WAFFLES WHOLE WHEAT WAFFLES OVEN BAKED CHICKEN CINNAMON APPLESAUCE GREEN BEANS *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED GOLDFISH DICED PLUMS WATER  <input type="checkbox"/> Whole Grain	GRILLED CHEESE WHOLE WHEAT BREAD TOMATO BISQUE WATER  <input type="checkbox"/> Whole Grain	TURKEY LETTUCE WRAPS ROLLED TURKEY SLICES W/ GREEN LEAF LETTUCE SHREDDED CARROTS WATER  <input type="checkbox"/> Whole Grain	BUILD YOUR OWN PARFAIT ENRICHED OATS LOW FAT GREEK YOGURT MIXED BERRIES WATER  <input type="checkbox"/> Whole Grain	ZOE'S ROASTED SWEET POTATO STICKS PLAIN HUMMUS ROASTED SWEET POTATO STICKS WATER  <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY MEATBALLS WHOLE WHEAT NOODLES FRUIT COCKTAIL ROASTED CARROTS *MILK  <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN WHOLE WHEAT ROLL MASHED SWEET POTATOES CREAMED SPINACH *MILK  <input type="checkbox"/> Whole Grain	BAKED FISH FILLET ENRICHED HUSH PUPPIES PINEAPPLE RINGS ROASTED ZUCCHINI *MILK  <input type="checkbox"/> Whole Grain	STEAK TENDERS WHOLE WHEAT ROLL FRENCH FRIES COLLARD GREENS *MILK  <input type="checkbox"/> Whole Grain	BEAN & CHEESE NACHOS WHOLE GRAIN CHIPS SWEET CORN TOSSED SALAD *MILK  <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS DICED PEACHES WATER  <input type="checkbox"/> Whole Grain	MULTI GRAIN PITA CHIPS ROASTED RED PEPPER HUMMUS WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE CRACKERS KIWI SLICES WATER  <input type="checkbox"/> Whole Grain	CELERY REINDEER WOW/SOY/PEANUT BUTTER CELERY STICKS RAISINS WATER  <input type="checkbox"/> Whole Grain	MULIGRAIN CHEERIOS BANANA WATER  <input type="checkbox"/> Whole Grain
* One year olds are served white Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

# Harvest of the month: Lettuce December 2022

	Monday 12/12/22	Tuesday 12/13/22	Wednesday 12/14/22	Thursday 12/15/22	Friday 12/16/22
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CREAM OF WHEAT BLUEBERRIES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED PANCAKES BANANAS *MILK  <input type="checkbox"/> Whole Grain	ENRICHED SAUSAGE BISCUIT ORANGE WEDGES *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT BAGEL TATOR TOTS *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT TOAST SCRAMBLED EGGS ROASTED POTATO WEDGES *MILK  <input type="checkbox"/> Whole Grain
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT BAGEL PEAR HALVES  WATER  <input type="checkbox"/> Whole Grain	ENRICHED BANANA MUFFIN CINNAMON APPLESAUCE  WATER  <input type="checkbox"/> Whole Grain	ENRICHED OATMEAL KIWI SLICES  WATER  <input type="checkbox"/> Whole Grain	ENRICHED CHICKEN BISCUIT HONEYDEW MELON  WATER  <input type="checkbox"/> Whole Grain	LOWFAT YOGURT CRUSHED PINEAPPLE  WATER  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROASTED TURKEY ROLLUP WHOLE WHEAT TORTILLA FRUIT SALAD CELERY STICKS *MILK  <input type="checkbox"/> Whole Grain	BAKED FISH STICKS MULTI GRAIN ROLL SLICED PEACHES SAUTEED SPINACH *MILK  <input type="checkbox"/> Whole Grain	HOMEMADE MAC N CHEESE WHOLE WHEAT NOODLES BAKED CINNAMON APPLES GREEN BEANS *MILK  <input type="checkbox"/> Whole Grain	EXTRA CHEESE PIZZA WHOLE WHEAT CRUST MANDARIN ORANGES SPINACH & TOMATO SALAD * MILK  <input type="checkbox"/> Whole Grain	HOMEMADE CHICKEN NOODLE SOUP WHOLE WHEAT CRACKERS PEAR HALVES CARROTS & CELERY *MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN CHIPS CHUNKY VEGGIE SALSA  WATER  <input type="checkbox"/> Whole Grain	<b>RUDOLPH SANDWICH</b> SOY/WOW/PEANUT BUTTER SANDWICH WHOLE WHEAT BREAD RASPBERRIES  WATER  <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUP CUCUMER SLICES WATERMELON SLICES  WATER  <input type="checkbox"/> Whole Grain	<b>CANDY CANE FRUIT</b> ENRICHED GRAHAM CRACKERS STRAWBERRIES & BANANA   WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS SWEET POTATO HUMMUS  WATER  <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SMOTHERED PORK CHOPS BROWN RICE W/ GRAVY PINEAPPLE SLICES ROASTED BROCCOLI *MILK  <input type="checkbox"/> Whole Grain	TACO TUESDAY SHREDDED CHICKEN LETTUCE TACO ENRICHED SPANISH RICE ORANGE WEDGES ZESTY CORN * MILK  <input type="checkbox"/> Whole Grain	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL CANTELOUPE MASHED POTATOES *MILK  <input type="checkbox"/> Whole Grain	CHICKEN TENDERS MULTI GRAIN ROLL RASPBERRIES PEAS & CARROTS * MILK  <input type="checkbox"/> Whole Grain	BLACK BEAN BURGER WHOLE WHEAT BUN DICED PEARS KALE SALAD * MILK  <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PRETZELS 100& BERRY JUICE  WATER  <input type="checkbox"/> Whole Grain	ENRICHED GOLDFISH DICED PLUMS  WATER  <input type="checkbox"/> Whole Grain	LOWFAT YOGURT ENRICHED ANIMAL CRACKERS  WATER  <input type="checkbox"/> Whole Grain	TURKEY & CHEESE PINWHEELS WHOLE WHEAT TORTILLA APPLES WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT FLATBREAD CHEDDAR CHEESE  WATER  <input type="checkbox"/> Whole Grain
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	Monday 12/19/22	Tuesday 12/20/22	Wednesday 12/21/22	Thursday 12/22/22	Friday 12/23/22
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>NATIONAL OATMEAL MUFFIN DAY</b>				<b>BUILD A BEAR PANCAKE</b> <a href="https://www.cacfp.org/2022/09/13/build-a-bear-pancake/">https://www.cacfp.org/2022/09/13/build-a-bear-pancake/</a>
	ENRICHED OATMEAL MUFFIN WARMED PEACHES *MILK	MULTI GRAIN TOAST PEAR HALVES *MILK	WHOLE WHEAT BAGEL RASPBERRIES *MILK	MULTI GRAIN CEREAL BLUEBERRIES *MILK	WHOLE WHEAT PANCAKES BANANA *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>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	LOWFAT YOGURT ENRICHED GRANOLA OATS APRICOTS WATER	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT SALAD WATER	<b>CANDY CANE FRUIT</b> ENRICHED OATMEAL STRAWBERRIES & BANANAS WATER 	BOILED EGG HALVES WHOLE GRAIN TRISCUIT CRACKERS WATER	WHOLE GRAIN CEREAL PEAR STICKS 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SAVORY TUNA SLIDER WHOLE WHEAT ROLL BLUEBERRIES MIXED VEGETABLES *MILK	<b>NATIONAL SHRIMP DAY</b> TERRIYAKI SHRIMP ENRICHED FRIED RICE PINEAPPLE CHUNKS STEAMED BROCCOLI *MILK	<b>NATIONAL HAMBURGER DAY</b> BEEF HAMBURGER WHOLE GRAIN BUN WATERMELON SWEET POTATO FRIES * MILK	CHICKEN SALAD ENRICHED CROISSANT GROOVY GRAPES ROASTED CAULIFLOWER *MILK	ROASTED TURKEY ENRICHED MACARONI & CHEESE STRAWBERRIES COLLARD GREENS *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>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	<b>SWIMMING FISH</b> WHOLE GRAIN GOLDFISH TOMATO BISQUE WATER	WHOLE GRAIN RITZ CRACKERS PLUM SALSA WATER	WHOLE GRAIN RICE CAKES CANTALOUPE WATER	WHOLE GRAIN SUNCHIPS HONEYDEW MELON WATER	<b>REINDEER SNACK MIX</b> WHOLE GRAIN CHEEZE-ITS, CHEX, PRETZEL STICKS APPLE SLICES 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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN & RICE CASSEROLE WHOLE WHEAT BUN BAKED SWEET POTATO KALE SALAD *MILK	BEEF & BEAN CHILI ENRICHED CORN MUFFIN FRUIT COCKTAIL SHREDDED LETTUCE SALAD * MILK	MINI CHEESE PIZZA MULTI GRAIN ENGLISH MUFFIN APRICOT HALVES SWEET PEAS * MILK	SAVORY RED BEANS WHOLE GRAIN BROWN RICE CINNAMON APPLESAUCE SAUTEED SPINACH *MILK	SLICED HONEY BAKED HAM MULTI GRAIN ROLL ORANGE SLICES STEAMED ZUCCHINI * 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>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	<b>REINDEER CELERY</b> WOW/SOY/PEANUT BUTTER CELERY STICKS  WATER	HAM & TURKEY CUBES WHOLE WHEAT SESAME STICKS WATER	ENRICHED GRAHAM CRACKERS HONEYDEW MELON WATER	WHOLE WHEAT PITA CHIPS SAVORY HUMMUS WATER	ENRICHED PUMPKIN MUFFIN WARMED PEACHES 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
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	Monday 12/26/22	Tuesday 12/27/22	Wednesday 12/28/22	Thursday 12/29/22	Friday 12/30/22
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CREAM OF WHEAT BANANAS *MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CHEERIOS BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT FRENCH TOAST STICKS CANTELOUPE *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS RASPBERRIES *MILK <input type="checkbox"/> Whole Grain
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT WAFFLE TATOR TOTS WATER <input type="checkbox"/> Whole Grain	ENRICHED MINI BAGELS 100% APPLE JUICE WATER <input type="checkbox"/> Whole Grain	ENRICHED EGG BISCUIT SAUSAGE GRAVY APRICOTS WATER <input type="checkbox"/> Whole Grain	ENRICHED CLUB CRACKERS BROCCOLI & CHEESE SOUP WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES PEARS WATER <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk TWO COMPONENTS	HAM & CHEESE PANINI WHOLE WHEAT PANINI WATERMELON SLICES SAUTEED SPINACH *MILK <input type="checkbox"/> Whole Grain	BEEF STIR FRY WHOLE WHEAT NOODLES GARLIC BROCCOLI SAUTEED CARROTS *MILK <input type="checkbox"/> Whole Grain	VEGGIE BEAN WRAP BACK BEANS WHOLE WHEAT TORTILLA STRAWBERRIES SWEET PEPPERS *MILK <input type="checkbox"/> Whole Grain	BAKED SHRIMP WHOLE WHEAT ROLL ORANGE WEDGES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	<a href="https://www.cacfp.org/2022/10/11/chicken-pepper-popper/">https://www.cacfp.org/2022/10/11/chicken-pepper-popper/</a> CHICKEN BREAST ENRICHED CORN BREAD BLUEBERRIES VEGETABLE SOUP *MILK <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	MINI EGG SALAD SANDWICH WHOLE WHEAT BREAD WATER <input type="checkbox"/> Whole Grain	MINI CHEESEBURGER SLIDERS WHOLE WHEAT SLIDER BUN WATERMELON CHUNKS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKE CINNAMON APPLESAUCE WATER <input type="checkbox"/> Whole Grain	TURKEY & CUCUMBER SANDWICH WHOLE WHEAT BREAD CUCUMBER SLICES WATER <input type="checkbox"/> Whole Grain	ENRICHED SALTINE CRACKERS CURRIED TUNA SALAD WATER <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk TWO COMPONENTS	CHICKEN NUGGETS WHOLE WEHAT ROLL APRICOTS FRENCH FRIES *MILK <input type="checkbox"/> Whole Grain	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL FRUIT COCKTAIL GREEN BEANS *MILK <input type="checkbox"/> Whole Grain	BEEF SPAGHETTI WHOLE WHEAT SPAGHETTI HONEYDEW MELON KALE SALAD *MILK <input type="checkbox"/> Whole Grain	HOMEMADE MACARONI & CHEESE WHOLE WHEAT MACARONI GRILLED PEACHES SAUTEED COLLARD GREENS *MILK <input type="checkbox"/> Whole Grain	OVEN BAKED FISH ENRICHED BROWN RICE STRAWBERRIES SWEET POTATO CASSEROLE *MILK <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	<a href="https://www.cacfp.org/2022/09/13/sour-cucumber-bites/">https://www.cacfp.org/2022/09/13/sour-cucumber-bites/</a> WHOLE GRAIN CRACKERS SOUR CUCUMBER BITES WATER <input type="checkbox"/> Whole Grain	ENRICHED CLUB CRACKERS HM CHICKEN NOODLE SOUP WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS 100% BERRY JUICE WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS CHEESE DIP/SALSA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUNCHIPS PLUMS WATER <input type="checkbox"/> Whole Grain

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