Georgia Nutritién Services,	Harvest of th	e month: Lett	tuce 🔊 De	cember 2023
			, i i i i i i i i i i i i i i i i i i i	Friday 12/1/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CHRISTMAS CHEESE BOARD		CANDY CANE FRUIT	ENRICHED FRENCH TOAST BLUEBERRIES *MILK
				U Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit				WHOLE GRAIN ENGLISH MUFFIN BANANAS
Fluid Milk				WATER
TWO COMPONENTS				Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				CHICKEN FILET SANDWICH MULTI GRAIN BUN BABY CARROTS SWEET PEAS *MILK
				MILK Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	REINDEER CELERY	88	RUDOLPH SANDWICH	EAT A RED APPLE DAY RED APPLE PEANUT/WOW/SOY/SUN-BUTTE WATER
TWO COMPONENTS				Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				GROUND BEEF SOFT TACOS ENRICHED FLOUR TORTILLA APRICOT HALVES BLACK BEANS * MILK
				🗌 Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate				YOGURT DIP FRUIT KABOB (STRAWBERRY/KIWI
Vegetable or Fruit Fluid Milk				WATER
TWO COMPONENTS				WATER





Winde Grunder and Marchard Markersheit WHOLE WHEAT MUNR PANCARES WHOLE WHEAT MUNR PANCARES WHOLE WHEAT TORTLLA SCRAMBLED EGGS LUCED HAM Stranuble or Fruit STRAWBERZIES "MILK "MILK SCRAMBLED EGGS LUCED HAM I Whole Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin "MILK Mark Stranuble Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Mark Stranuble Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Mark Stranuble Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Wind Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin Whole Gruin NO COMORENTS Whole Gruin					V		
while Gravityers Atternate winds Gravityers Atternate winds Gravityers Atternate winds Mike whole WretAT TURE PARCAGE STRAWBERRIES STRAWBERRIES WINDS		Monday 12/4/23	Tuesday 12/5/23	Wednesday 12/6/23	Thursday 12/7/23	Friday 12/8/23	
STRAWBERZES BLUEBERRIES BANANAS APRICOT SLICES SCRAMBLDE Ges, DICED HAM HASHBOWNS 'MILK <	BREAKFAST	BREAKFAST ON A STICK				BREAKFAST BURRITO	
STRAWBERZES BLUEBERRIES BANANAS APRICOT SLICES SCRAMBLDE Ges, DICED HAM HASHBOWNS 'MILK <	Whole Grain/Grain Alternate	WHOLE WHEAT MINI PANCAKES	WHOLE WHEAT PUMPKIN MUFFIN	ENRICHED BISCUIT	WHOLE GRAIN WAFFLES	WHOLE WHEAT TORTILLA	
Number State *MILK *MILK *MILK *MILK *MILK *MILK Image: State Whole Grain Image: State Whole Grain Image: State Whole Grain Image: State MS SNACK Meet/Meet Afternate TATER TOTS MINI EGG SALAD SANDWICH Whole WHEAT MINI BAGEL WHOLE WHEAT TOAST ENRICHED ENSLISH MUFFIN State/Meet Afternate Whole Grain Image: State MATER WATER WHOLE WHEAT STAWERRIES CANTALOUPE ENRICHED ENSLISH MUFFIN NUM COMMONENTS Image: State Whole Grain Image: State WHOLE WHEAT STAWERRIES WHOLE WHEAT STATE WHOLE WHEAT STATE VMC COMPONENTS Image: State Image: State Whole Grain Image: State WHOLE WHEAT STATE Winde Grain Image: State Image: State Whole Grain Image: State WHOLE WHEAT STATE VMC COMPONENTS Image: State Image: State Whole Grain Image: State WHOLE WHEAT STATE VMC COMPONENTS Image: State Image: State Image: State WHOLE WHEAT STATE WHOLE WHEAT STATE VMC COMPONENTS Image: State Image: State Image: State WHOLE WHEAT STATE WHOLE WHEAT STATE VMC COMPONENTS Image: State Image: State Image: State	Vegetable or Fruit	STRAWBERRIES	BLUEBERRIES	BANANAS	APRICOT SLICES		
Mole Grain Whate Grain	Fluid Milk	*MILK	*MILK	*MILK	*MILK		
AM. SNACK TURKEY SAUSAGE MUNIL EGG SALAD SANDWICH, WHOLE WHEAT MINIE BAGEL WHOLE WHEAT TOAST ENRICHED ENGLISH MUFFIN Wieke Grouf/rend Mitwester WATER WATER WHOLE WHEAT TOAST ENRICHED ENGLISH MUFFIN Musike Grouf/rend Mitwester Whole Groin Whole Groin Whole Groin Whole Groin Whole Groin UNNCH Water Whole Groin Whole Groin Whole Groin Whole Groin Whole Groin Whole Groin Chicken Decking Chic						*MILK	
Nat/Wat Alternate While Grain/Grain Alternate While Grain/Grain Alternate While Grain TURKEY SAUSAGE TATER MINI EGG SALAD SANDWICH WHOLE WHEAT BREAD WHOLE WHEAT TOAST STRAWBERRIES WHOLE WHEAT TOAST CANTALOPE EINECHED ENGLISH MUFFIN PLUMMS WATER WATER WATER WATER WATER WATER WOO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Mark SWISS CHEESE WHOLE WHEAT SIDER BUN Argetable or Fruit Grade Barbon HAM & SWISS CHEESE WHOLE WHEAT SIDER BUN PEARS GRILED CHEDDAR CHEESE WHOLE WHEAT SIDER BUN PEARS CHICKEN BOWL CHECKEN BOWL PEARS HAM.XTRA CHEESE VEGGLE PIZZA CHECKEN BUNA PEARS CHICKEN BOWL CHECKEN BUNA PEARS WHOLE GRAIN CRUST CHICKEN BOWL CHECKEN BUNA PEARS CHICKEN BOWL PEARS WHOLE WHEAT SIDER CHECKEN BUNA PEARS WHOLE GRAIN CRUST CHICKEN BUNA CURANDON APPLESAUCE BROCOLL CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA CURANDON APPLESAUCE BROCOLL CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA CURANDON APPLESAUCE BROCOLL CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA WHOLE WHEAT WATER CHICKEN BUNA WHOLE WHEAT WATER WHOLE WHEAT WATER WHOLE WHEAT WHOLE WHEAT WATER C		U Whole Grain	Whole Grain	□ Whole Grain	□ Whole Grain	□ Whole Grain	
While Gewin/Guin Alternate Vegetable or Fruit juid Alik TATER TOTS WHOLE WHEAT BREAD STRAWBERRIES CANTALOUPE PLUMS WateR WATER WATER WATER WATER WATER WATER WOO COMPONENTS Whole Grain	AM SNACK						
Vagetable or Fruit Juid Alik WATER WATER WATER WATER WATER WATER UNC COMPONENTS Whole Grain CHICKEN BRAST EXTRA CHEESE CHICKEN AGMENTS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALED CHICKEN BRAST EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALES WHOLE WHEAT WATELSS OVEN BALES WHOLE WHEAT WATELSS OVEN BALES EXTRA CHEESE WHOLE WHEAT WATELSS OVEN BALES WHOLE WHEAT WATELSS	Meat/Meat Alternate	TURKEY SAUSAGE	MINI EGG SALAD SANDWICH	WHOLE WHEAT MINI BAGEL	WHOLE WHEAT TOAST	ENRICHED ENGLISH MUFFIN	
Taid Mik WATER Whole Grain Important Whole Grain Important Whole Grain Chicken BRGONN RICE WHOLE GRAIN CRUST CHICKEN BROWL CHICKEN BROWL CHICKEN BROWN RICE WHOLE GRAIN CRUST CHICKEN ACCESS WHOLE GRAIN CRUST CHICKEN ACCESS WHOLE GRAIN CRUST CHICKEN BROWN RICE WHOLE GRAIN CRUST CHICKEN BROWN RI	Whole Grain/Grain Alternate	TATER TOTS	WHOLE WHEAT BREAD	STRAWBERRIES	CANTALOUPE		
Taid Mik WATER Whole Grain Important Whole Grain Important Whole Grain Chicken BRGONN RICE WHOLE GRAIN CRUST CHICKEN BROWL CHICKEN BROWL CHICKEN BROWN RICE WHOLE GRAIN CRUST CHICKEN ACCESS WHOLE GRAIN CRUST CHICKEN ACCESS WHOLE GRAIN CRUST CHICKEN BROWN RICE WHOLE GRAIN CRUST CHICKEN BROWN RI	Vegetable or Fruit						
JUNCH Image: constraint of the second seco	Fluid Milk	WATER	WATER	WATER	WATER	WATER	
JUNCH HAM & SWISS CHEESE CHICKEN BOWL HAM. ATRA CHEESE VEGGTE PIZZA CHICKEN & WAFFLES Whole Grain/Grein Attender WHOLE WHEAT SLIDER BUN PERAS CHICKEN BOWL ENTRICHE BOWL EXTRA CHEESE WHOLE WHEAT SLIDER BUN Viele Grain/Grein Attender PINEAPPLE RINSS PERAS RED APPLES WHOLE GRAIN CRUST WHOLE WHEAT SLIDER BUN Viele Grain Whole Grain PINEAPPLE RINSS PERAS RED APPLES WHOLE GRAIN CRUST CINNAMON APPLESAUCE "Withe Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain CINNAMON APPLESAUCE "Withe Grain/Grein Attender Whole Grain Whole Grain Whole Grain Whole Grain BUILD YOUR OWN PARFAIT Whole Grain/Grein Attender ENRICHED PRETZELS LOW FAT YOGURT ROLLED TURKEY SLICES W/ ENRICHED SALTINE CRACKERS ENRICHED CATS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain BUIL YOUR OWN PARFAIT Whole Grain/Grein Attender Whole Grain Whole Grain Whole Grain Whole Grain BUTL YOUR OWN PARFAIT Whole Grain/Grein Attender Whole Grain Whole Grain Whole Grain BUTL YOUR OWN PARFAIT Whole Grain/Grein Attender Whole Grain Whole Grain Whole Grain <th>TWO COMPONENTS</th> <th>Whole Grain</th> <th>U Whole Grain</th> <th></th> <th>□ Whole Grain</th> <th>Whole Grain</th>	TWO COMPONENTS	Whole Grain	U Whole Grain		□ Whole Grain	Whole Grain	
Weat/Meat Alternate HAM & SWISS CHEESE GRILLED CHEDDAR CHEESE CHICKEN BREAT EXTRA CHEESE WHOLE WHEAT SLIDER BUNN //egetable or Fruit PINEAPPLE RINGS GRILLED CHEDDAR CHEESE WHOLE WHEAT SUDER BUNN EXTRA CHEESE WHOLE WHEAT SUDER BUNN //egetable or Fruit PINEAPPLE RINGS STANLK *MILK *MILK Whole Grain CHICKEN BOWL *SWET PEPERS/ASSOR, VEGETS SWETT PEPERS/ASSOR, VEGETS SWETT PEPERS/ASSOR, VEGETS GREEN BEANS *MILK	LUNCH			TUMERIC PEANUT BUTTER	HM-XTRA CHEESE VEGGIE PIZZA	CHICKEN & WAFFLES	
Whole Grain/Grain Alternate (regetable or Fruit regetable or Fruit regetable WHOLE WHEAT SLIDER BUN PERAS WHOLE WHEAT BREAD PERAS ENRICHED BROWN RICE RED APPLES WHOLE GRAIN CRUST WATERMELON OVEN BAKED CHICKEN CINNAMON APPLESAUCE GREAMED SPINACH ************************************							
Prestable or Fruit (regetable or Fruit (regetable or Fruit Null Milk PINEAPPLE RINGS CREAMED SPINACH PEARS TOMATO BISQUE MATO BISQUE RED APPLES BROCCOLT SWEET PEPREN/ASSOR. VEGETES SWEET PEPREN/ASSOR. VEGETES WHOLE Grain SWEET PEPREN/ASSOR. VEGETES SWEET PEPREN/ASSOR. VEGETES WHOLE SALTINE CRACKERS VERICHED PETZELS LOW FAT YOG/URT SWRET BOLLED TURKEY SLICES W/ SKRET BOLLED TURKEY SLICES W/ SKRET PEPREN/ASSOR. VEGETES SWEET PEPREN/ASSOR. VEGETES WATER BUILD YOUR OWN PARFATT ENRICHED ASS SWEET PEPREN/ASSOR. VEGETES WATER BUILD YOUR OWN PARFATT ENRICHED ASS SWATER BUILD YOUR OWN PARFATT ENRICHED ASS SWEET PERTEN SWATER BUILD YOUR OWN PARFATT ENRICHED ASS SWEET PERTEN SWATER BUILD YOUR OWN PARFATT ENRICHED ASS SWATER BUILD YOUR OWN PARFATT ENRICHED HUSH PUPPTES FRUIT COCKTAIL SWEET PERANG SWEET CORN BEAN & CHEESE NACHOS SWEET CORN * Whole Grain Whole Grain WHOLE WHEAT NOODLES FRUIT COCKTAIL SWEET PERANG SWEET PERANG SWEET COCKTAIL SWEET PERANG SWEET PERANG SWEE							
Keystable Fuld Mikk CREAMED SPINACH *MILK TOMATO BISQUE *MILK BROCCOLI *MILK SWEET PEPPERS/ASSOR. VE6GIES *MILK GREEN BEANS *MILK *MILK ENRICHED ASD ALTINE GRACKERS LOW FAT GREEK YOGUNT ENRICHED ALSO V/ GREEN LEAF LETTUCE SHERDEDED CARROTS ENRICHED ALSO V/ GREEN LEAF LETTUCE WATER WATER WATER WATER WATER WATER ENRICHED ASD ALTINE GRACKERS LOW FAT GREEK YOGUNT ENRICHED ARACTS SHARED CARROTS ENRICHED ARACTS ENRICHED ARACTS ENRICHED AT NOODLES ENRICHED AT NOODLES BAKED FISH FILLET FRUIT COCKTAIL BEAN & CHEESE NACHOS WHOLE WHEAT NOODLES BEAN & CHEE							
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Image: Stream							
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Whole Grain/Grain Alternate (egetable or Fruit) TROPICAL FRUIT PEACHES GREEN LEAF LETTUCE SHREDDED CARROTS VEGETABLE SOUP LOW FAT GREEK YOGURT MIXED BERRIES Fluid Milk WATER WATER WATER WATER WATER WATER Fluid Milk WATER WATER WATER WATER WATER WATER Fluid Milk Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain FUND COMPONENTS Whole Grain FUND COMPONENTS HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES SALSBURY STEAK BROWN RICE W/ GRAVY HONEYDEW MELON BAKED FISH FILLET FINICHED HUSH PUPPIES FRUIT COCKTAIL BEAN & CHEESE NACHOS WHOLE GRAIN CHIPS FRUIT COCKTAIL BEAN & CHEESE NACHOS WHOLE GRAIN CHIPS FEARS Idid Milk *MATEK *MILK *MILK *MILK *MILK Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain STEAMED CARROTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain <t< th=""><th></th><th></th><th></th><th>TURKEY LETTUCE WRAPS</th><th></th><th>BUILD YOUR OWN PARFAIT</th></t<>				TURKEY LETTUCE WRAPS		BUILD YOUR OWN PARFAIT	
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Tuid Milk WATER WATER WATER WATER WATER WATER WATER TWO COMPONENTS Whole Grain Whole Grain<	Whole Grain/Grain Alternate	TROPICAL FRUIT	PEACHES		VEGETABLE SOUP		
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DINNER HOMEMADE MAC & CHEESE SALSBURY STEAK BAKED FISH FILLET TURKEY MEATBALLS BEAN & CHEESE NACHOS Whole Grain/Grain Alternate WHOLE WHEAT NOODLES BROWN RICE W/ GRAVY ENRICHED HUSH PUPPIES WHOLE WHEAT NOODLES BEAN & CHEESE NACHOS Vegetable or Fruit GROOVY GRAPES HONEYDEW MELON PINEAPPLE RINGS FRUIT COCKTAIL PEARS Vegetable STEAMED CARROTS ROMAINE LETTUCE SALAD ROASTED ZUCCHINI ROASTED ZUCCHINI *MILK * MILK	Fluid Milk						
Meat/Meat Alternate HOMEMADE MAC & CHEESE SALSBURY STEAK BAKED FISH FILLET TURKEY MEATBALLS BEAN & CHEESE NACHOS Whole Grain/Grain Alternate WHOLE WHEAT NOODLES BROWN RICE W/ GRAVY FILLET ENRICHED HUSH PUPPIES WHOLE WHEAT NOODLES BEAN & CHEESE NACHOS Vegetable or Fruit GROOVY GRAPES ROMAINE LETTUCE SALAD ROASTED ZUCCHINI ROASTED CABBAGE SWEET CORN *Wild Milk *MILK *MILK *MILK *MILK *MILK *MILK Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain EVENING SNACK HUMMUS ENRICHED GOLDFISH WHOLE WHEAT CHEESE CRACKERS REINDEER CELERY Woole Grain/Grain Alternate HUMMUS ENRICHED GOLDFISH WHOLE WHEAT CHEESE CRACKERS RAISINS Vegetable or Fruit WATER WATER WATER MULTIGRAIN CHEERIOS Fluid Milk WATER WATER WATER WATER WATER		U Whole Grain	U Whole Grain	U Whole Grain	Whole Grain	U Whole Grain	
Whole Grain/Grain Alternate (egetable or Fruit) WHOLE WHEAT NOODLES GROOVY GRAPES BROWN RICE W/ GRAVY HONEYDEW MELON ENRICHED HUSH PUPPIES PINEAPPLE RINGS WHOLE WHEAT NOODLES FRUIT COCKTAIL WHOLE GRAIN CHIPS PEARS /egetable STEAMED CARROTS ROMAINE LETTUCE SALAD ROASTED ZUCCHINI ROASTED CABBAGE SWEET CORN *MILK *MILK *MILK *MILK *MILK *MILK *MILK Whole Grain EVENING SNACK HUMMUS ENRICHED GOLDFISH DICED PLUMS WHOLE WHEAT CHEESE CRACKERS KIWI SLICES WOW/SOY/PEANUT BUTTER RAISINS MULTIGRAIN CHEERIOS BANANAS 'egetable or Fruit WATER WATER WATER WATER WATER 'luid Milk WATER WATER WATER WATER WATER	DINNER						
regetable or Fruit GROOVY GRAPES HONEYDEW MELON PINEAPPLE RINGS FRUIT COCKTAIL PEARS /egetable STEAMED CARROTS ROMAINE LETTUCE SALAD ROASTED ZUCCHINI ROASTED CABBAGE SWEET CORN	Meat/Meat Alternate						
Vegetable STEAMED CARROTS ROMAINE LETTUCE SALAD ROASTED ZUCCHINI ROASTED CABBAGE SWEET CORN Stuid Milk *MILK *MULTIGRAIN CHEERIOS *MILK *MILK *MILK *MILK *MILK *MILK *MILK *MILK <th>Whole Grain/Grain Alternate</th> <th></th> <th></th> <th></th> <th></th> <th></th>	Whole Grain/Grain Alternate						
*MILk * MILk * MILk * MILk * MILk * MILk Image: Shade with the state with th	Vegetable or Fruit	GROOVY GRAPES	HONEYDEW MELON	PINEAPPLE RINGS		PEARS	
Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain EVENING SNACK Whole Grain Whole Grain REINDEER CELERY Whole Grain Whole Grain Weat/Meat Alternate HUMMUS ENRICHED GOLDFISH WHOLE WHEAT CHEESE CRACKERS WOW/SOY/PEANUT BUTTER MULTIGRAIN CHEERIOS Whole Grain/Grain Alternate CUCUMBER SLICES DICED PLUMS KIWI SLICES CELERY STICKS BANANAS /egetable or Fruit WATER WATER WATER WATER WATER WATER Woole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain	Vegetable	STEAMED CARROTS	ROMAINE LETTUCE SALAD	ROASTED ZUCCHINI	ROASTED CABBAGE	SWEET CORN	
EVENING SNACK HUMMUS ENRICHED GOLDFISH WHOLE WHEAT CHEESE CRACKERS REINDEER CELERY MULTIGRAIN CHEERIOS Whole Grain/Grain Alternate CUCUMBER SLICES DICED PLUMS KIWI SLICES CELERY STICKS MULTIGRAIN CHEERIOS Iuid Milk WATER WATER WATER WATER WATER WATER IWO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain	Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK	
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Whole Grain/Grain Alternate CUCUMBER SLICES DICED PLUMS KIWI SLICES CELERY STICKS BANANAS /egetable or Fruit WATER WATER WATER WATER WATER WATER Fluid Milk Whole Grain	EVENING SNACK				REINDEER CELERY		
Vegetable or Fruit WATER WATER RAISINS Fluid Milk WATER WATER WATER TWO COMPONENTS Whole Grain Whole Grain Whole Grain	Meat/Meat Alternate	HUMMUS	ENRICHED GOLDFISH	WHOLE WHEAT CHEESE CRACKERS	WOW/SOY/PEANUT BUTTER	MULTIGRAIN CHEERIOS	
Fluid Milk WATER WATER WATER WATER WATER TWO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain	Whole Grain/Grain Alternate	CUCUMBER SLICES	DICED PLUMS	KIWI SLICES		BANANAS	
TWO COMPONENTS 🗌 Whole Grain 🗌 Whole Grain 🗌 Whole Grain 🗌 Whole Grain	Vegetable or Fruit				to the second seco		
	Fluid Milk						
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.	TWO COMPONENTS						
		* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					





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	Monday 12/11/23	Tuesday 12/12/23	Wednesday 12/13/23	Thursday 12/14/23	Friday 12/15/23
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED CREAM OF WHEAT	ENRICHED PANCAKES	ENRICHED SAUSAGE BISCUIT	WHOLE WHEAT BAGEL	WHOLE WHEAT TOAST
Vegetable or Fruit	BLUEBERRIES	BANANAS	ORANGE WEDGES	TATER TOTS	SCRAMBLED EGGS
Fluid Milk	*MILK	*MILK	*MILK	*MILK	ROASTED POTATO WEDGES
					*MILK
	U Whole Grain	Whole Grain	Whole Grain	U Whole Grain	□ Whole Grain
AM SNACK					
Meat/Meat Alternate	WHOLE WHEAT BAGEL	ENRICHED BANANA MUFFIN	ENRICHED OATMEAL	ENRICHED CHICKEN BISCUIT	LOWFAT YOGURT
Whole Grain/Grain Alternate	PEAR HALVES	CINNAMON APPLESAUCE	KIWI SLICES	HONEYDEW MELON	CRUSHED PINEAPPLE
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
LUNCH		TACO TUESDAY	STICKY BBQ TEMPEH		
Meat/Meat Alternate	ROASTED TURKEY ROLLUP	SHREDDED CHICKEN LETTUCE TACO	STICKY BBQ TEMPEH (VEGAN)	HOMEMADE CHICKEN NOODLE SOUP	SAVORY TUNA SUB
Whole Grain/Grain Alternate	ENRICHED HAWAIIAN BREAD	ENRICHED SPANISH RICE	ENRICHED BROWN RICE	WHOLE WHEAT CRACKERS	WHOLE WHEAT SUB ROLL
Vegetable or Fruit	FRUIT SALAD	PLUMS	RASPBERRIES	GREEN APPLES	CANTALOUPE
Vegetable	OVEN BAKED CRISPY KALE	ZESTY CORN	BABY CARROTS	TOSSED SALAD	SWEET PEAS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	Whole Grain	□ Whole Grain	🗌 Whole Grain	□ Whole Grain
PM SNACK		RUDOLPH SANDWICH	FRUIT & VEGGIE CUP	CANDY CANE FRUIT	
Meat/Meat Alternate	WHOLE GRAIN CHIPS	SOY/WOW/PEANUT BUTTER SANDWICH	CUCUMER SLICES	ENRICHED GRAHAM CRACKERS	WHOLE GRAIN PITA CHIPS
Whole Grain/Grain Alternate	CHUNKY VEGGIE SALSA	WHOLE WHEAT BREAD	WATERMELON SLICES	STRAWBERRIES & BANANA	SAVORY HUMMUS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER 💦	WATER
TWO COMPONENTS	☐ Whole Grain	🗌 Whole Grain	□ Whole Grain	🗌 Whole Grain 🚺	Whole Grain
DINNER					
Meat/Meat Alternate	CHICKEN TENDERS	BEEF MEATBALL SUB	EXTRA CHEESE RAVIOLI	STEAK TENDERS	BLACK BEAN BURGER
Whole Grain/Grain Alternate	MULTI GRAIN BREAD	WHOLE WHEAT SUB ROLL	WHOLE WHEAT RAVIOLI	WHOLE WHEAT ROLL	WHOLE WHEAT BUN
Vegetable or Fruit	RASPBERRIES	APRICOTS	GROOVY GRAPES (CUT APPROPRIATE)	PEACHES	DICED PEARS
Vegetable	PEAS & CARROTS	FRENCH FRIES	MIXED VEGETABLES	COLLARD GREENS	SWEET POTATO FRIES
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	Whole Grain	Whole Grain	□ Whole Grain	Whole Grain	Whole Grain
EVENING SNACK				ANTS ON A LOG	
Meat/Meat Alternate	ROASTED ZESTY CHICKPEAS	WHOLE WHEAT SESAME STICKS	WHOLE GRAIN SUNCHIPS	PEANUT BUTTER/WOW/SOY	ENRICHED CHEEZE-ITS
Whole Grain/Grain Alternate	CELERY STICKS	YOGURT DIP	100% BERRY BERRY JUICE	CELERY	APPLE SLICES
Vegetable or Fruit				RAISINS	
P1 + 1 + 4 + 11	WATER	WATER	WATER	WATER	WATER
Fluid Milk	WATER				
TWO COMPONENTS	🗌 Whole Grain	□ Whole Grain Inflavored Whole Milk. Two years old	Whole Grain	🗌 Whole Grain	Whole Grain



Harvest of the month: Lettuce Sourcember 2023





	Monday 12/18/23	Tuesday 12/19/23	Wednesday 12/20/23	Thursday 12/21/23	Friday 12/22/23	
BREAKFAST		NATIONAL OATMEAL MUFFIN DAY		TURKEY SAUSAGE	BUILD A BEAR PANCAKES	
Whole Grain/Grain Alternate	WHOLE WHEAT BAGEL	ENRICHED OATMEAL MUFFIN	WHOLE GRAIN ENGLISH MUFFIN	HASH BROWN	WHOLE WHEAT PANCAKES	
Vegetable or Fruit	RASPBERRIES	WARMED PEACHES	TROPICAL FRUIT SALAD	BLUEBERRIES	BANANA	
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK	
	🗌 Whole Grain	🗌 Whole Grain	Whole Grain	🗌 Whole Grain	🗌 Whole Grain	
AM SNACK	CANDY CANE FRUIT					
Meat/Meat Alternate	ENRICHED OATMEAL	MULTI GRAIN TOAST	BOILED EGG HALVES	LOWFAT YOGURT	WHOLE GRAIN CEREAL	
Whole Grain/Grain Alternate	STRAWBERRIES & BANANAS	PEAR HALVES	WHOLE GRAIN TRISCUIT CRACKERS	ENRICHED GRANOLA OATS	RASPBERRIES	
Vegetable or Fruit				APRICOTS		
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	🗌 Whole Grain	□ Whole Grain	U Whole Grain	Whole Grain	U Whole Grain	
LUNCH		TOFU TACO	NATIONAL SHRIMP DAY	BROCCOLI & CHICKEN QUESADILLA		
Meat/Meat Alternate	CHICKEN SALAD	SEASONED TOFU	TERRIYAKI SHRIMP	GRILLED CHICKEN	ROASTED TURKEY	
Whole Grain/Grain Alternate	ENRICHED CROISSANT	ENRICHED HARD/SOFT TACOS	ENRICHED FRIED RICE	WHOLE WHEAT TORTILLA	ENRICHED MACARONI & CHEESE	
Vegetable or Fruit	MANDARIN ORANGES	MINI CORN ON THE COB	PINEAPPLE CHUNKS	ORANGE SMILES	STRAWBERRIES	
Vegetable	ROASTED CAULIFLOWER	SHREDDED LETTUCE	GLAZED CARROTS	BROCCOLI	COLLARD GREENS	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK	
	Whole Grain	□ Whole Grain	Whole Grain	□ Whole Grain	Whole Grain	
PM SNACK	SWIMMING FISH	CHRISTMAS TREE CHEESE BOARD			REINDEER SNACK MIX	
Meat/Meat Alternate	WHOLE GRAIN GOLDFISH	ASSORTED CHEESE	WHOLE GRAIN RICE CAKES	ENRICHED PRETZELS	WHOLE GRAIN CHEEZE-ITS,	
Whole Grain/Grain Alternate	TOMATO BISQUE	CUCUMBERS	CANTALOUPE	TROPICAL FRUIT SALAD	APPLE SLICES	
Vegetable or Fruit						
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	Whole Grain	□ Whole Grain	🗌 Whole Grain	☐ Whole Grain	🗌 Whole Grain	
DINNER				NATIONAL HAMBURGER DAY		
Meat/Meat Alternate	HOMEMADE MAC & EXTRA CHEESE	CHICKEN NUGGETS	MINI CHEESE PIZZA	BEEF HAMBURGER	CHICKEN & RICE CASSEROLE	
Whole Grain/Grain Alternate	WHOLE WHEAT NOODLES	ENRICHED HUSH PUPPUES	MULTI GRAIN ENGLISH MUFFIN	WHOLE GRAIN BUN	WHOLE WHEAT ROLL	
Vegetable or Fruit	GROOVY GRAPES (CUT APPROP.)	HONEYDEW MELON	APRICOT HALVES	WATERMELON	PLUMS	
Vegetable	STEAMED BROCCOLI	SWEET PEAS	ROASTED BRUSSELL SPROUTS	SWEET POTATO FRIES	KALE SALAD	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK	
	U Whole Grain	Whole Grain	Whole Grain	Whole Grain	U Whole Grain	
EVENING SNACK						
Meat/Meat Alternate	ENRICHED ANIMAL CRACKERS	ENRICHED ANIMAL CRACKERS	WHOLE WHEAT GOLDFISH	ENRICHED ANMIAL CRACKERS	ENRICHED PUMPKIN MUFFIN	
Whole Grain/Grain Alternate	DICED PLUMS	CRUSHED PINEAAPLE	CINNAMON PEACHES	BLUEBERRY COMPOTE	PEARS	
Vegetable or Fruit						
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	U Whole Grain	U Whole Grain	U Whole Grain	U Whole Grain	Whole Grain	
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					





	👗 Monday 12/25/23	Tuesday 12/26/23	Wednesday 12/27/23	Thursday 12/28/23	Friday 12/29/23	
BREAKFAST	SANTA PANCAKES	·		·	·	
Whole Grain/Grain Alternate	WHOLE WHEAT PANCAKES	WHOLE GRAIN WAFFLES	WHOLE GRAIN ENGLSH MUFFIN	ENRICHED GRITS	WHOLE GRAIN CHEERIOS	
Vegetable or Fruit	RASPBERRIES & BANANA	KIWI SLICES	BLUEBERRIES	APPLE SLICES	ORANGE SMILES	
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK	
	U Whole Grain	U Whole Grain	🗌 Whole Grain	🗌 Whole Grain	U Whole Grain	
AM SNACK	REINDEER CELERY			MINI PIZZA		
Meat/Meat Alternate	PEANUT/WOW/SOY BUTTER	MINI EGG SALAD SANDWICH	WHOLE WHEAT MINI BAGEL	ENRICHED ENGLISH MUFFIN	WHOLE GRAIN RICE CAKES	
Whole Grain/Grain Alternate	CELERY	WHOLE WHEAT BREAD	HONEYDEW MELON	MOZZARELLA CHEESE	PINEAPPLE STRIPS	
Vegetable or Fruit	RAISINS					
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	🗌 Whole Grain 🕅	☐ Whole Grain	□ Whole Grain	Whole Grain	U Whole Grain	
LUNCH	RUDOLPH SANDWICH			VEGGIE BEAN WRAP		
Meat/Meat Alternate	HONEY TURKEY & CHEESE	GRILLED CHICKEN KABOBS	WARM HAM & CHEESE SLIDERS	BLACK BEANS	SAVORY MINI TUNA SLIDERS	
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	WHOLE WHEAT ROLL	WHOLE WHEAT HAWAIIAN BUN	WHOLE WHEAT TORTILLA	WHOLE WHEAT ROLL	
Vegetable or Fruit	TROPICAL FRUIT SALAD	PEAR SLICES	FRENCH FRIES	STRAWBERRIES	BLUEBERRIES	
Vegetable	SWEET PEAS	ROASTED BRUSSELL SPROUTS	BAKED BEANS	SWEET PEPPERS	MIXED VEGETABLES	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK	
	🔲 Whole Grain	☐ Whole Grain	🗌 Whole Grain	☐ Whole Grain	🗌 Whole Grain	
PM SNACK	CHRISTMAS CHEESE BAORD		FRUIT & NUT BUTTER PITA POCKET			
Meat/Meat Alternate	ENRICHED PRETZELS	BEEF W/ LETTUCE WRAP	NUT BUTTER	WHOLE WHEAT PITA CHIPS	GRILLED CHEESE	
Whole Grain/Grain Alternate	GRAPES, CHEESE	GREEN LEAF LETTUCE	ENRICHED PITA POCKET	SAVORY HUMMUS	WHOLE WHEAT BREAD	
Vegetable or Fruit		SHREDDED CARROTS	APPLE SLICES			
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	🔲 Whole Grain	Whole Grain	🗌 Whole Grain	□ Whole Grain	U Whole Grain	
DINNER						
Meat/Meat Alternate	SLICED HONEY BAKED HAM	BAKED FISH FILLET	STEAK FINGERS	SAVORY RED BEANS	ROASTED TURKEY W/GRAVY	
Whole Grain/Grain Alternate	MULTI GRAIN ROLL	ENRICHED HAMBURGER BREAD	WHOLE WHEAT ROLL	WHOLE GRAIN BROWN RICE	ENRICHED CORNBREAD	
Vegetable or Fruit	ORANGE SLICES	PEACHES	PLUMS	CINNAMON APPLESAUCE	BUTTERNUT SQUASH	
Vegetable	STEAMED ZUCCHINI	BAKED BEANS	SWEET ACORN SQUASH	CREAMED SPINACH	SPLIT PEA SOUP	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK	
	🗌 Whole Grain	Whole Grain	U Whole Grain	U Whole Grain	Whole Grain	
EVENING SNACK				FISH SWIMMING IN SOUP		
Meat/Meat Alternate	WHOLE WHEAT SESAME STICKS	ENRICHED OYSTER CRACKERS	ENRICHED PRETZELS	ENRICHED GOLDFISH	WHOLE GRAIN SUNCHIPS	
Whole Grain/Grain Alternate	PINEAPPLE STICKS	HM CHICKEN NOODLE SOUP	100% BERRY JUICE	ROASTED TOMAO BISQUE	APRICOTS	
Vegetable or Fruit						
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	🗌 Whole Grain	U Whole Grain	U Whole Grain	□ Whole Grain	U Whole Grain	
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					