

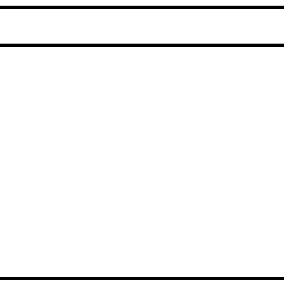











						Friday 12/1/23	
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		CHRISTMAS CHEESE BOARD		CANDY CANE FRUIT	ENRICHED FRENCH TOAST BLUEBERRIES *MILK	<input type="checkbox"/>	Whole Grain
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					WHOLE GRAIN ENGLISH MUFFIN BANANAS WATER	<input type="checkbox"/>	Whole Grain
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk		REINDEER CELERY		RUDOLPH SANDWICH	CHICKEN FILET SANDWICH MULTI GRAIN BUN BABY CARROTS SWEET PEAS *MILK	<input type="checkbox"/>	Whole Grain
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS		REINDEER CELERY		RUDOLPH SANDWICH	EAT A RED APPLE DAY RED APPLE PEANUT/WOW/SOY/SUN-BUTTER WATER	<input type="checkbox"/>	Whole Grain
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	Whole Grain
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					YOGURT DIP FRUIT KABOB (STRAWBERRY/KIWI) WATER	<input type="checkbox"/>	Whole Grain
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>* 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.</i>							



Harvest of the month: Lettuce December 2023




	Monday 12/4/23	Tuesday 12/5/23	Wednesday 12/6/23	Thursday 12/7/23	Friday 12/8/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BREAKFAST ON A STICK WHOLE WHEAT MINI PANCAKES STRAWBERRIES *MILK	WHOLE WHEAT PUMPKIN MUFFIN BLUEBERRIES *MILK	ENRICHED BISCUIT BANANAS *MILK	WHOLE GRAIN WAFFLES APRICOT SLICES *MILK	BREAKFAST BURRITO WHOLE WHEAT TORTILLA SCRAMBLED EGGS, DICED HAM HASHBROWNS *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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	TURKEY SAUSAGE TATER TOTS WATER	MINI EGG SALAD SANDWICH WHOLE WHEAT BREAD WATER	WHOLE WHEAT MINI BAGEL STRAWBERRIES WATER	WHOLE WHEAT TOAST CANTALOUPE WATER	ENRICHED ENGLISH MUFFIN PLUMS 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAM & SWISS CHEESE WHOLE WHEAT SLIDER BUN PINEAPPLE RINGS CREAMED SPINACH *MILK	GRILLED CHEDDAR CHEESE WHOLE WHEAT BREAD PEARS TOMATO BISQUE *MILK	TUMERIC PEANUT BUTTER CHICKEN BOWL CHICKEN BREAST ENRICHED BROWN RICE RED APPLES BROCCOLI * MILK	HM-XTRA CHEESE VEGGIE PIZZA EXTRA CHEESE WHOLE GRAIN CRUST WATERMELON SWEET PEPPERS/ASSOR. VEGGIES *MILK	CHICKEN & WAFFLES WHOLE WHEAT WAFFLES OVEN BAKED CHICKEN CINNAMON APPLESAUCE GREEN BEANS *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 TROPICAL FRUIT WATER	LOW FAT YOGURT PEACHES WATER	TURKEY LETTUCE WRAPS ROLLED TURKEY SLICES W/ GREEN LEAF LETTUCE SHREDDED CARROTS WATER	ENRICHED SALTINE CRACKERS VEGETABLE SOUP WATER	BUILD YOUR OWN PARFAIT ENRICHED OATS LOW FAT GREEK YOGURT MIXED BERRIES 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	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES STEAMED CARROTS *MILK	SALSURY STEAK BROWN RICE W/ GRAVY HONEYDEW MELON ROMAINE LETTUCE SALAD * MILK	BAKED FISH FILLET ENRICHED HUSH PUPPIES PINEAPPLE RINGS ROASTED ZUCCHINI * MILK	TURKEY MEATBALLS WHOLE WHEAT NOODLES FRUIT COCKTAIL ROASTED CABBAGE *MILK	BEAN & CHEESE NACHOS WHOLE GRAIN CHIPS PEARS SWEET CORN * 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	HUMMUS CUCUMBER SLICES WATER	ENRICHED GOLDFISH DICED PLUMS WATER	WHOLE WHEAT CHEESE CRACKERS KIWI SLICES WATER	REINDEER CELERY WOW/SOY/PEANUT BUTTER CELERY STICKS RAISINS WATER	MULTIGRAIN CHEERIOS BANANAS 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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Harvest of the month: Lettuce December 2023

	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 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 TATER TOTS *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT TOAST SCRAMBLED EGGS ROASTED POTATO WEDGES *MILK <input type="checkbox"/> Whole Grain
AM SNACK 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROASTED TURKEY ROLLUP ENRICHED HAWAIIAN BREAD FRUIT SALAD OVEN BAKED CRISPY KALE *MILK <input type="checkbox"/> Whole Grain	TACO TUESDAY SHREDDED CHICKEN LETTUCE TACO ENRICHED SPANISH RICE PLUMS ZESTY CORN *MILK <input type="checkbox"/> Whole Grain	STICKY BBQ TEMPEH STICKY BBQ TEMPEH (VEGAN) ENRICHED BROWN RICE RASPBERRIES BABY CARROTS * MILK <input type="checkbox"/> Whole Grain	HOMEMADE CHICKEN NOODLE SOUP WHOLE WHEAT CRACKERS GREEN APPLES TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	SAVORY TUNA SUB WHOLE WHEAT SUB ROLL CANTALOUPE SWEET PEAS *MILK <input type="checkbox"/> Whole Grain
PM SNACK 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	RUDOLPH SANDWICH SOY/WOW/PEANUT BUTTER SANDWICH WHOLE WHEAT BREAD WATER  <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUP CUCUMER SLICES WATERMELON SLICES WATER <input type="checkbox"/> Whole Grain	CANDY CANE FRUIT ENRICHED GRAHAM CRACKERS STRAWBERRIES & BANANA WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS SAVORY HUMMUS WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN TENDERS MULTI GRAIN BREAD RASPBERRIES PEAS & CARROTS *MILK <input type="checkbox"/> Whole Grain	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL APRICOTS FRENCH FRIES * MILK <input type="checkbox"/> Whole Grain	EXTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI GROOVY GRAPES (CUT APPROPRIATE) MIXED VEGETABLES * MILK <input type="checkbox"/> Whole Grain	STEAK TENDERS WHOLE WHEAT ROLL PEACHES COLLARD GREENS *MILK <input type="checkbox"/> Whole Grain	BLACK BEAN BURGER WHOLE WHEAT BUN DICED PEARS SWEET POTATO FRIES * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ROASTED ZESTY CHICKPEAS CELERY STICKS WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT SESAME STICKS YOGURT DIP WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUNCHIPS 100% BERRY BERRY JUICE WATER <input type="checkbox"/> Whole Grain	ANTS ON A LOG PEANUT BUTTER/WOW/SOY CELERY RAISINS WATER <input type="checkbox"/> Whole Grain	ENRICHED CHEEZE-ITS APPLE SLICES WATER <input type="checkbox"/> Whole Grain
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Harvest of the month: Lettuce December 2023

	Monday 12/18/23	Tuesday 12/19/23	Wednesday 12/20/23	Thursday 12/21/23	Friday 12/22/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL RASPBERRIES *MILK	NATIONAL OATMEAL MUFFIN DAY ENRICHED OATMEAL MUFFIN WARMED PEACHES *MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK	TURKEY SAUSAGE HASH BROWN BLUEBERRIES *MILK	BUILD A BEAR PANCAKES 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
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	CANDY CANE FRUIT ENRICHED OATMEAL STRAWBERRIES & BANANAS WATER 	MULTI GRAIN TOAST PEAR HALVES WATER	BOILED EGG HALVES WHOLE GRAIN TRISCUIT CRACKERS WATER	LOWFAT YOGURT ENRICHED GRANOLA OATS APRICOTS WATER	WHOLE GRAIN CEREAL RASPBERRIES 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD ENRICHED CROISSANT MANDARIN ORANGES ROASTED CAULIFLOWER *MILK	TOFU TACO SEASONED TOFU ENRICHED HARD/SOFT TACOS MINI CORN ON THE COB SHREDDED LETTUCE *MILK	NATIONAL SHRIMP DAY TERRIYAKI SHRIMP ENRICHED FRIED RICE PINEAPPLE CHUNKS GLAZED CARROTS * MILK	BROCCOLI & CHICKEN QUESADILLA GRILLED CHICKEN WHOLE WHEAT TORTILLA ORANGE SMILES BROCCOLI *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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	SWIMMING FISH WHOLE GRAIN GOLDFISH TOMATO BISQUE WATER	CHRISTMAS TREE CHEESE BOARD ASSORTED CHEESE CUCUMBERS WATER	WHOLE GRAIN RICE CAKES CANTALOUPE WATER	ENRICHED PRETZELS TROPICAL FRUIT SALAD WATER	REINDEER SNACK MIX WHOLE GRAIN CHEEZE-ITS, 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC & EXTRA CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES (CUT APPROP.) STEAMED BROCCOLI *MILK	CHICKEN NUGGETS ENRICHED HUSH PUPPIES HONEYDEW MELON SWEET PEAS * MILK	MINI CHEESE PIZZA MULTI GRAIN ENGLISH MUFFIN APRICOT HALVES ROASTED BRUSSELL SPROUTS * MILK	NATIONAL HAMBURGER DAY BEEF HAMBURGER WHOLE GRAIN BUN WATERMELON SWEET POTATO FRIES *MILK	CHICKEN & RICE CASSEROLE WHOLE WHEAT ROLL PLUMS KALE 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
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS DICED PLUMS WATER	ENRICHED ANIMAL CRACKERS CRUSHED PINEAPPLE WATER	WHOLE WHEAT GOLDFISH CINNAMON PEACHES WATER	ENRICHED ANIMAL CRACKERS BLUEBERRY COMPOTE WATER	ENRICHED PUMPKIN MUFFIN PEARS 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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Harvest of the month: Lettuce December 2023

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