







				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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				RUDOLPH SANDWICH	CHICKEN FILET SANDWICH MULTI GRAIN BUN BABY CARROTS SWEET PEAS *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS		REINDEER CELERY			EAT A RED APPLE DAY RED APPLE PEANUT/WOW/SOY/SUN-BUTTER WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain


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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
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	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
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
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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 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
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
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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
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
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	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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	RUDOLPH SAND HONEY TURKEY & WHOLE WHEAT 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	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
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.				