

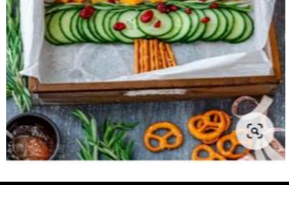










					Friday 12/1/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		CHRISTMAS CHEESE BOARD		CANDY CANE FRUIT	ENRICHED FRENCH TOAST BLUEBERRIES *MILK
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					CHICKEN FILET SANDWICH MULTI GRAIN BUN BABY CARROTS SWEET PEAS *MILK
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>		REINDEER CELERY		RUDOLPH SANDWICH	<b>EAT A RED APPLE DAY</b> RED APPLE PEANUT/WOW/SOY/SUN-BUTTER  WATER
		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>DINNER</b> 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"/>		<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
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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	<b>TUMERIC PEANUT BUTTER</b> <b>CHICKEN BOWL</b> 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
<b>PM SNACK</b> 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
<b>TWO COMPONENTS</b>	<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	HOMEMADE MAC & CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES STEAMED CARROTS *MILK	SALSBURY 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
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	Monday 12/11/23	Tuesday 12/12/23	Wednesday 12/13/23	Thursday 12/14/23	Friday 12/15/23
<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 TATER TOTS *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT TOAST SCRAMBLED EGGS ROASTED POTATO WEDGES *MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> 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	<b>STICKY BBQ TEMPEH</b> 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
<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  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 SAVORY HUMMUS  WATER  <input type="checkbox"/> Whole Grain
<b>DINNER</b> 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
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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
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL RASPBERRIES *MILK	<b>NATIONAL OATMEAL MUFFIN DAY</b> ENRICHED OATMEAL MUFFIN WARMED PEACHES *MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK	TURKEY SAUSAGE HASH BROWN BLUEBERRIES *MILK	<b>BUILD A BEAR PANCAKES</b> 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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SAUSAGE ENRICHED CROISSANT MANDARIN ORANGES ROASTED CAULIFLOWER *MILK	<b>TOFU TACO</b> SEASONED TOFU ENRICHED HARD/SOFT TACOS MINI CORN ON THE COB SHREDDED LETTUCE *MILK	<b>NATIONAL SHRIMP DAY</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	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	<b>REINDEER SNACK MIX</b> 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
<b>DINNER</b> 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	<b>NATIONAL HAMBURGER DAY</b> 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
<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 12/25/23	Tuesday 12/26/23	Wednesday 12/27/23	Thursday 12/28/23	Friday 12/29/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>SANTA PANCAKES</b> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>RUDOLPH SAND</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>CHRISTMAS CHEESE BAORD</b> 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
<b>DINNER</b> 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
<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>					