

Harvest of the month: Lettuce December 2024

	Monday 12/2/24	Tuesday 12/3/24	Wednesday 12/4/24	Thursday 12/5/24	Friday 12/6/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN ENGLISH MUFFIN BLUEBERRIES *MILK	ENRICHED GRITS WARMED PEACHES *MILK	WHOLE GRAIN CHEERIOS ORANGE SMILES *MILK	ENRICHED CREAM OF WHEAT APRICOT HALVES *MILK	ENRICHED FRENCH TOAST BLUEBERRIES *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	WARM HAM & CHEESE SLIDERS ENRICHED HAWAIIAN BUN FRENCH FRIES BAKED BEANS *MILK	CHICKEN & CHEESE WHOLE WHEAT TORTILLA STRAWBERRIES SWEET PEPPERS *MILK	SAVORY MINI TUNA SLIDERS WHOLE WHEAT ROLL BLUEBERRIES MIXED VEGETABLES *MILK	HOMEMADE MAC AND CHEESE WHOLE GRAIN NOODLES PLUM SLICES SWEET PEAS *MILK	CHICKEN FILET SANDWICH MULTI GRAIN BUN CANTALOUPE 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	EAT A RED APPLE DAY RED APPLE PEANUT/WOW/SOY/SUN-BUTTER	YOGURT DIP ENGLISH CUCUMBER SLICES	WHOLE WHEAT PITA CHIPS SAVORY HUMMUS	EXTRA CHEESEY GRILLED CHEESE WHOLE WHEAT BREAD	REINDEER SNACK MIX ENRICHED PRETZEL STICKS PRETZEL CARROT STICKS
	<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	<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>				



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	Monday 12/9/24	Tuesday 12/10/24	Wednesday 12/11/24	Thursday 12/12/24	Friday 12/13/24
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	ENRICHED GRITS CINNAMON APRICOT SLICES *MILK	BREAKFAST BURRITO WHOLE GRAIN 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	TURKEY & CHEDDAR CHEESE WHOLE WHEAT SLIDER BUN PINEAPPLE RINGS CREAMED SPINACH *MILK	GRILLED CHEDDAR CHEESE WHOLE GRAIN BREAD PEARS SPLIT PEA SOUP *MILK	TUMERIC PEANUT BUTTER CHICKEN BOWL RECIPE CHICKEN BREAST WHOLE GRAIN BROWN RICE RED APPLES GARLIC BROCCOLI * MILK	HM-XTRA CHEESE VEGGIE PIZZA EXTRA CHEESE WHOLE GRAIN CRUST WATERMELON SWEET PEPPERS/ASSOR. VEGGIES *MILK	CHICKEN & WAFFLES WHOLE GRAIN 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 12/16/24	Tuesday 12/17/24	Wednesday 12/18/24	Thursday 12/19/24	Friday 12/20/24
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	ENRICHED CHEERIOS 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 CROISSANTS 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 RECIPE STICKY BBQ TEMPEH (VEGAN) WHOLE GRAIN BROWN RICE RASPBERRIES BABY CARROTS * MILK <input type="checkbox"/> Whole Grain	HOMEMADE CHICKEN NOODLE SOUP CHUNKY CHICKEN WHOLE GRAIN 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 GRAIN BREAD WATER  <input type="checkbox"/> Whole Grain	FRUIT & VEGGIE CUP CUCUMER STICKS WATERMELON STICKS 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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	Monday 12/23/24	Tuesday 12/24/24	Wednesday 12/25/24	Thursday 12/26/24	Friday 12/27/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL RASPBERRIES *MILK	ENRICHED OATMEAL MUFFIN WARMED PEACHES *MILK	SANTA PANCAKES WHOLE WHEAT PANCAKES RASPBERRIES & BANANA *MILK 	TURKEY SAUSAGE HASH BROWN *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 RECIPE SEASONED TOFU ENRICHED HARD/SOFT TACOS MINI CORN ON THE COB SHREDDED LETTUCE *MILK	RUDOLPH SANDWICH HONEY TURKEY & CHEESE WHOLE GRAIN BREAD TROPICAL FRUIT SALAD CARROTS *MILK 	CHICKEN QUESADILLA GRILLED CHICKEN WHOLE WHEAT TORTILLA PAPAYA 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	MINI PIZZA WHOLE GRAIN FLATBREAD MOZZARELLA CHEESE WATER	CHRISTMAS CHEESE BOARD ENRICHED PRETZELS GRAPES, CHEESE WATER 	ENRICHED PITA POCKET 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 12/30/24	Tuesday 12/31/24				
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CREAM OF WHEAT APRICOT HALVES *MILK	ENRICHED GRITS KIWI SLICES *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain				<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CURRY TUNA SANDWICH WHOLE WHEAT ROLL BLUEBERRIES CREAMED SPINACH *MILK	GRILLED MINI STEAK KABOBS WHOLE WHEAT ROLL PEAR SLICES ROASTED BRUSSELL SPROUTS *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain		<input type="checkbox"/>	<input type="checkbox"/>	
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT & VEGGIE CUP ENRICHED PRETZEL TWIST CELERY STICKS APPLE SLICES WATER	LETTUCE WRAPS CHICKEN GROUND W/ LETTUCE GREEN LEAF LETTUCE SHREDDED CARROTS WATER				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>		
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.					