

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 TWO COMPONENTS	EAT A RED APPLE DAY RED APPLE PEANUT/WOW/SOY/SUN-BUTTER WATER	YOGURT DIP ENGLISH CUCUMBER SLICES WATER	WHOLE WHEAT PITA CHIPS SAVORY HUMMUS WATER	EXTRA CHEESEY GRILLED CHEESE WHOLE WHEAT BREAD WATER	REINDEER SNACK MIX ENRICHED PRETZEL STICKS PRETZEL CARROT STICKS 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	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 ASPARAGUS * MILK	SWEDISH MEATBALL SUB ENRICHED FRENCH BREAD MIXED BERRIES GREEN BEANS * MILK	GROUND BEEF SOFT TACOS ENRICHED FLOUR TORTILLA APRICOT HALVES REFREIED 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
* 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 12/9/24	Tuesday 12/10/24	Wednesday 12/11/24	Thursday 12/12/24	Friday 12/13/4
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	<u>TUMERIC PEANUT BUTTER</u> <u>CHICKEN BOWL RECIPE</u> 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
	<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 GRAIN NOODLES GROOVY GRAPES BRUSSELS SPROUTS *MILK	SALSURY STEAK ENRICHED BROWN RICE W/ GRAVY HONEYDEW MELON ROASTED SQUASH * 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
* 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 12/16/24	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	ENRICHED PANCAKES BANANAS *MILK	ENRICHED SAUSAGE BISCUIT ORANGE WEDGES *MILK	ENRICHED CHEERIOS TATER TOTS *MILK	WHOLE WHEAT TOAST SCRAMBLED EGGS ROASTED POTATO WEDGES *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	ROASTED TURKEY ROLLUP ENRICHED CROISSANTS FRUIT SALAD OVEN BAKED CRISPY KALE *MILK	TACO TUESDAY SHREDDED CHICKEN LETTUCE TACO ENRICHED SPANISH RICE PLUMS ZESTY CORN *MILK	STICKY BBQ TEMPEH RECIPE STICKY BBQ TEMPEH (VEGAN) WHOLE GRAIN BROWN RICE RASPBERRIES BABY CARROTS * MILK	HOMEMADE CHICKEN NOODLE SOUP CHUNKY CHICKEN WHOLE GRAIN CRACKERS GREEN APPLES TOSSED SALAD *MILK	SAVORY TUNA SUB WHOLE WHEAT SUB ROLL CANTALOUPE SWEET PEAS *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	WHOLE GRAIN CHIPS CHUNKY VEGGIE SALSA WATER	RUDOLPH SANDWICH SOY/WOW/PEANUT BUTTER SANDWICH WHOLE GRAIN BREAD WATER 	FRUIT & VEGGIE CUP CUCUMER STICKS WATERMELON STICKS WATER	CANDY CANE FRUIT ENRICHED GRAHAM CRACKERS STRAWBERRIES & BANANA WATER 	WHOLE GRAIN PITA CHIPS SAVORY HUMMUS 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	CHICKEN TENDERS MULTI GRAIN BREAD RASPBERRIES PEAS & CARROTS *MILK	BEEF MEATBALL SUB WHOLE GRAIN SUB ROLL APRICOTS FRENCH FRIES * MILK	EXTRA CHEESE RAVIOLI WHOLE GRAIN RAVIOLI GROOVY GRAPES (CUT APPROPRIATE) MIXED VEGETABLES * MILK	STEAK TENDERS WHOLE WHEAT ROLL PEACHES COLLARD GREENS *MILK	BLACK BEAN BURGER WHOLE WHEAT BUN DICED PEARS SWEET POTATO FRIES * 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 12/23/24	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 <input type="checkbox"/> Whole Grain	ENRICHED OATMEAL MUFFIN WARMED PEACHES *MILK <input type="checkbox"/> Whole Grain	SANTA PANCAKES WHOLE WHEAT PANCAKES RASPBERRIES & BANANA *MILK  <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE HASH BROWN *MILK <input type="checkbox"/> Whole Grain	BUILD A BEAR PANCAKES WHOLE WHEAT PANCAKES BANANA *MILK <input type="checkbox"/> Whole Grain
	CHICKEN SALAD ENRICHED CROISSANT MANDARIN ORANGES ROASTED CAULIFLOWER *MILK <input type="checkbox"/> Whole Grain	TOFU TACO RECIPE SEASONED TOFU ENRICHED HARD/SOFT TACOS MINI CORN ON THE COB SHREDDED LETTUCE *MILK <input type="checkbox"/> Whole Grain	RUDOLPH SANDWICH HONEY TURKEY & CHEESE WHOLE GRAIN BREAD TROPICAL FRUIT SALAD CARROTS *MILK  <input type="checkbox"/> Whole Grain	CHICKEN QUESADILLA GRILLED CHICKEN WHOLE WHEAT TORTILLA PAPAYA BROCCOLI *MILK <input type="checkbox"/> Whole Grain	ROASTED TURKEY ENRICHED MACARONI & CHEESE STRAWBERRIES COLLARD GREENS *MILK <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 <input type="checkbox"/> Whole Grain	MINI PIZZA WHOLE GRAIN FLATBREAD MOZZARELLA CHEESE WATER <input type="checkbox"/> Whole Grain	CHRISTMAS CHEESE BOARD ENRICHED PRETZELS GRAPES, CHEESE WATER <input type="checkbox"/> Whole Grain 	ENRICHED PITA POCKET TROPICAL FRUIT SALAD WATER <input type="checkbox"/> Whole Grain	REINDEER SNACK MIX WHOLE GRAIN CHEEZE-ITS, APPLE SLICES WATER <input type="checkbox"/> Whole Grain
	HOMEMADE MAC & EXTRA CHEESE WHOLE WHEAT NOODLES GROOVY GRAPES (CUT APPROP.) STEAMED BROCCOLI *MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS ENRICHED HUSH PUPPIES HONEYDEW MELON SWEET PEAS * MILK <input type="checkbox"/> Whole Grain	SLICED HONEY BAKED HAM MULTI GRAIN ROLL ORANGE SLICES STEAMED ZUCCHINI *MILK <input type="checkbox"/> Whole Grain	NATIONAL HAMBURGER DAY BEEF HAMBURGER WHOLE GRAIN BUN WATERMELON SWEET POTATO FRIES *MILK <input type="checkbox"/> Whole Grain	CHICKEN & RICE CASSEROLE WHOLE WHEAT ROLL PLUMS KALE SALAD * MILK <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"/>	<input type="checkbox"/>
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain			
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"/>	<input type="checkbox"/>
	<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	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"/>	<input type="checkbox"/>
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain			
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ PULLED PORK ENRICHED TEXAS TOAST HONEYDEW MELON GREEN BEANS *MILK	BAKED FISH FILLET ENRICHED HAMBURGER BREAD PEACHES BAKED BEANS * MILK		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain			
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