



DECEMBER

MON

TUE

WED

THU

02

B: Cheesy Scrambled Eggs, Mixed Fruit, Skim Milk
L: Tuna Sandwiches, Bananas, Pickles, Skim Milk
S: Strawberry Flavored Bagel, Apple Slices, Skim Milk

03

B: Blueberry Muffins, Applesauce, Skim Milk
L: Spaghetti, Garden Salad, Pears, Skim Milk
S: Pretzels & Cheese Sticks

04

B: Oatmeal, Mandarin Oranges, Skim Milk
L: Meatloaf, WW Bread, **Carrots**, Peaches, Skim Milk
S: Berry Smoothie, Animal Crackers

05

B: Corn Chex, Oranges, Skim Milk
L: Chicken Noodle Soup, WW Crackers, Apples, Skim Milk
S: Ritz Crackers & Cheese, Skim Milk

09

B: WW Bread, Cottage Cheese, Pears, Skim Milk
L: Beef Stroganoff, Green Beans, Oranges, Skim Milk
S: English Muffins w/ Peanut Butter and Grape Jelly, Skim Milk

10

B: Cinnamon Bread, Applesauce, Skim Milk
L: Chicken Taco Salad, Pineapple, Skim Milk
S: WW Crackers, **Carrots** & Broccoli w/ Ranch, Skim Milk

11

B: Strawberries, French Toast, Skim Milk
L: Turkey Roast, Mashed Potatoes, WW Rolls, Peaches, Skim Milk
S: Banana Graham Cracker Pops, Skim Milk

12

B: Chex Cereal, Berries, Skim Milk
L: Chilli, Corn Bread, Bananas, Skim Milk
S: Breadsticks, Marinara, Skim Milk

16

B: Ham & Cheese English Muffins, Apples, Skim Milk
L: Chicken Pot-Pie w/ Biscuit Crust, Peaches, Skim Milk
S: WW Crackers, Pepperoni & Cheese

17

B: Bagels, Mandarin Oranges, Skim Milk
L: Goulash, Spinach Salad, Pears, Skim Milk
S: Celery & Peanut Butter, Skim Milk

18

B: Cheerios, Strawberries, Skim Milk
L: Chicken Corn Dogs, Tater-tots, Bananas, Skim Milk
S: Fruit Smoothie & Graham Crackers

19

B: Muffins, Peaches, Skim Milk
L: Cheeseburger Soup, WW Rolls, Apples, Skim Milk
S: Trail Mix, Skim Milk

23



24



25



26



30



31



***Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!**

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