

MONTANA  
Harvest  
of the Month  
Carrots



# DECEMBER

MON

TUE

WED

THU

01

**B:** Cheesy Omelettes, Mandarin Oranges, Skim Milk  
**L:** Chicken Corn Dogs, Mac and Cheese, Apples, **Carrots**, Skim Milk  
**S:** WW Cinnamon Bread, Skim Milk

02

**B:** WW Pumpkin Bread, Applesauce, Skim Milk  
**L:** Beefy Spanish Rice, Broccoli, Pears, Skim Milk  
**S:** Summer Sausage, Cheese & Ritz, Skim Milk

03

**B:** Yogurt, Berries Parfait, Skim Milk  
**L:** Tuna Noodle Casserole, Green Beans, Peaches, Skim Milk  
**S:** Chicken & Cheese Snack Cups w/ Sliced Grapes, Skim Milk

04

**B:** Kix Cereal, Oranges, Skim Milk  
**L:** Cheeseburger Soup, WW Rolls, Apples, Skim Milk  
**S:** Trail Mix, Skim Milk

08

**B:** Ham & Cheese English Muffin, Pineapple, Skim Milk  
**L:** Chicken Salad WW Pita, Celery & **Carrots**, Apples, Skim Milk  
**S:** Multigrain Tortilla Chips & Guacamole/Salsa, Skim Milk

09

**B:** Omelettes, WW Bread, Applesauce, Skim Milk  
**L:** Goulash, Pears, Skim Milk  
**S:** Dried Fruit & Cereal Snack Mix, Skim Milk

10

**B:** Baked Oatmeal, Peaches, Skim Milk  
**L:** Bean Burrito, Green Salad, Tropical Fruit, Skim Milk  
**S:** Breadsticks & Marinara, Skim Milk

11

**B:** Corn Chex, Oranges, Skim Milk  
**L:** White Chicken Chilli, WW Crackers, Bananas, Skim Milk  
**S:** Chex Mix, Skim Milk

15

**B:** Cheddar Drop Biscuits, Cantaloupe, Skim Milk  
**L:** Chicken Pot- Pie w/ Biscuit Crust, Peaches, Skim Milk  
**S:** Wheat Thins, Oranges, Skim Milk

16

**B:** WW Waffles w/ Cream Cheese, Pineapple, Skim Milk  
**L:** Beefy Macaroni Casserole, Salad, Pears, Skim Milk  
**S:** WW Cinnamon Bread, Skim Milk

17

**B:** French Toast, Baked Apples, Skim Milk  
**L:** Tuna Melts, Pickles, Clementines, Skim Milk  
**S:** Ham & Cheese Sandwich, Skim Milk

18

**B:** Life Cereal, Oranges, Skim Milk  
**L:** Navy Bean and Ham Soup, WW Rolls, Bananas, Skim Milk  
**S:** Pretzels, Cheese Sticks, Skim Milk

22

**Winter Break**

December 22nd- January 5th

School starts back up on January 6th!

23



24



25



29



30



31



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

An equal opportunity employer and provider.

\*Menu is subject to change.

