





Fresh Fruit Includes: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Blueberries, Pineapple, Mangos, Nectarines And Honeydew Melon

Monday	Tuesday	Wednesday	Thursday-1 st	Friday-2 nd
· · ·		great graphics great graphicsgreat graphics	Whole Grain Muffins &	Whole Grain Waffles w/
		great greatest graphics graph graphics	Organic Milk	Maple Syrup & Organic Milk
			Chicken Alfredo	Cod Fish Nuggets
			w/ Whole Grain Pasta	Sweet Golden Corn
			Mixed Vegetable	Fresh Fruit
			Fresh Fruit	Organic Milk
			Organic Milk	- 0 -
- 🐨 T 🐨 T 😗		great on great gruphics great gruphics	Natural Unsweetened Cinnamon	Whole Grain Nut Free Trail Mix
	and the second se	great graphics great graphics great graphice	Apple Sauce w/ Graham Crackers	
5 th	6 th	7 th	8 th	9 th
Turkey Bacon w/ Whole Wheat Toast	Egg and Tortilla Wrap	Whole Wheat Pancakes	Whole Grain Cinnamon Rolls	Oatmeal w/ Apples & Cinnamon
& Organic Milk	& Organic Milk	w/ Maple Syrup & Organic Milk	& Organic Milk	& Organic Milk
Sun Butter w/ Preserves On	Whole Grain Macaroni and Cheese	Breaded Whole Grain	Chicken Salad On	Whole Wheat Cheese Pizza
Whole Wheat Bread	Steamed Broccoli Florets	Chicken Breast Nuggets	Whole Wheat Bread	Sweet Petite Garden Peas
Veggie's w/ Ranch Dressing	Fresh Fruit	French Cut Green Beans	Steamed Carrots	Fresh Fruit
Fresh Fruit	Organic Milk	Fresh Fruit	Fresh Fruit	Organic Milk
Organic Milk	0	Organic Milk	Organic Milk	- 3 -
Whole Grain Pretzels	Whole Grain Tortilla Chips w/ Salsa	Home Economics Project Snack	Fresh Fruit	Whole Grain Muffins
w/ Cheddar Cheese	······	Grinch Snack	w/ Vanilla Wafers	
12 th	13 th	14 th	15 th	16 th
Whole Wheat Bagels w/ Butter	Whole Grain Waffles w/	Whole Grain Muffins &	Yogurt w/ Fresh Fruit	K Holiday Party Breakfast
& Organic Milk	Maple Syrup & Organic Milk	Organic Milk	& Organic Milk	
Whole Wheat Pasta w/	Chicken Gyros	Grilled Cheddar Cheese	Whole Wheat French Toast	Breaded Whole Grain Chicken Breast
Turkey Meatballs In Marinara Sauce	w/ Lettuce, Tomato & Cheese	On Whole Wheat Bread	w/ Maple Syrup	Patty On Whole Wheat Bun
Steamed Broccoli Florets	Jasmine Rice	Mixed Vegetables	Turkey Sausage Patty	Steamed Carrots
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
Natural Unsweetened Cinnamon	Fruit Salad w/ Vanilla Wafers	Cheddar Cheese	Whole Grain Nut Free Trail Mix	0
Apple Sauce w/ Graham Crackers	Trutt Salad W/ Valina Walers	w/ Whole Wheat Crackers	Whole Grain Rut Free Fran Mix	Holiday Party Snack 🌺
19 th	20 th	21 st	22 nd	2.3 rd
Buttermilk Whole Wheat Biscuits w/	Oatmeal w/ Apples & Cinnamon	Whole Wheat Cinnamon Toast	Egg and Tortilla Wrap	NO SCHOOL
Butter, Preserves & Organic Milk	& Organic Milk	& Organic Milk	& Organic Milk	NO SCHOOL
Grilled Chicken Breast	Whole Wheat Cheese Pizza	Cheese Tortellini	Soft Turkey & Cheese Tacos	
Cornbread Muffins w/ Butter	Sweet Petite Garden Peas	Steamed Broccoli Florets	Spanish Rice and Beans	
French Cut Green Beans	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Fresh Fruit	Organic Milk	Organic Milk	Organic Milk	
Organic Milk	Of game Wink	Of game Wink	organic wink	WIT I
Whole Grain Goldfish Crackers	Sun Butter	Whole Grain Muffins	Whole Grain Pretzels	
Whole Gram Golulish Clackels	w/ Bananas		w/ Cheddar Cheese	Happy Holidays
26 th	27 th	28 th	29 th	30 th
NO SCHOOL	Chef's Choice	Whole Grain Cinnamon Rolls	Whole Grain Cereal	Turkey Bacon w/ Whole Wheat Toast
	& Organic Milk	& Organic Milk	& Organic Milk	& Organic Milk
	Chefs Choice	Oven Roasted Turkey Breast &	Turkey Meatball Subs	
	Mixed Vegetables	Cheese Spinach Herb Roll-Ups	On A Whole Wheat Bun	
	Fresh Fruit	Veggies w/ Ranch Dressing	Tatar Tots	
	Organic Milk	Fresh Fruit	Fresh Fruit	New Year!
		Organic Milk	Organic Milk	QualityIdeas.com
	Chefs Choice	Vanilla Pudding	Whole Grain Tortilla Chips w/ Salsa	SCHOOL CLOSES AT NOON
	1	w/ Bananas & Vanilla Wafers	· ·	