

Week of 12-04-17	Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>Breakfast</b></u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Milk</i></li> </ul>	English Muffins  Oranges */#  Milk	Homemade Pancakes  Blueberries #/*  Milk	Oatmeal  Peaches #  Milk	Homemade Cinnamon Muffins  Bananas */#  Milk	Cereal  Strawberries */#  Milk
<u><b>Lunch</b></u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Fruit/Vegetable</i></li> <li><i>Milk</i></li> </ul>	Kielbasa  Hawaiian Roll  Green beans */#  Applesauce #  Milk	Grilled Cheese  (Bread)  Tomato Soup #  Pineapple #  Milk	Stroganhoff/ hamburger  Noodles  Beets #  Apples */#  Milk	Ham  Corn bread *  Mashed Potatoes  Pears #  Milk	Turkey Tetrazini  (Noodle)  Peas #  Peaches #  Milk
<u><b>Snack</b></u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li><i>Milk</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> </ul>	Saltines  Hummus *	Grapes */#  Cheese	Milk  Lemon bars	Ritz crackers  Summer Sausage #	Chex Mix  Raisins */#

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

\*Denotes fresh or frozen items.

\*\*Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 12 -11- 17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Milk</i></li> </ul>	<p>Bagels w/ cream cheese</p> <p>Oranges */#</p> <p>Milk</p>	<p>Homemade Waffles *</p> <p>Strawberries */#</p> <p>Milk</p>	<p>Homemade Banana bread</p> <p>Apples */#</p> <p>Milk</p>	<p>Homemade Blueberry Muffins</p> <p>Bananas */#</p> <p>Milk</p>	<p>Cinnamon Sugar Toast</p> <p>Pears #</p> <p>Milk</p>
<p><b>Lunch</b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Fruit/Vegetable</i></li> <li><i>Milk</i></li> </ul>	<p>Scrambled eggs</p> <p>Toast</p> <p>Yams #</p> <p>Fruit cocktail#</p> <p>Milk</p>	<p>Cheese Ravioli with Alfredo (Ravioli)</p> <p>Carrots #</p> <p>Pineapple #</p> <p>Milk</p>	<p>Spanish Rice w/Beef (Rice) (tomato)</p> <p>Grapes #/*</p> <p>Milk</p>	<p>Beef Roast</p> <p>Mashed Potatoes</p> <p>Peas */#</p> <p>Peaches #</p> <p>Milk</p>	<p>Tuna Wrap (Tortilla)</p> <p>Cucumbers */#</p> <p>Mandarin Oranges #</p> <p>Milk</p>
<p><b>Snack</b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li><i>Milk</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> </ul>	<p>Broccoli #/*</p> <p>Cheese */#</p>	<p><b>National Cocoa Day</b></p> <p>Milk</p> <p>Homemade Chocolate Cake</p>	<p>Cheese-its</p> <p>Raisins #/*</p>	<p>Pita Chips</p> <p>Cucumbers #/*</p>	<p>Tortilla Pickle Rollups (Pickles)</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

\*Denotes fresh or frozen items.

\*\*Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 12-18-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Milk</i></li> </ul>	<p>Homemade Pancakes</p> <p>Strawberries */#</p> <p>Milk</p>	<p>English Muffins</p> <p>Oranges*/#</p> <p>Milk</p>	<p>Oatmeal</p> <p>Peaches#</p> <p>Milk</p>	<p>Egg souffle' w/bread</p> <p>Bananas */#</p> <p>Milk</p>	<p>Cereal</p> <p>Raisins #/*</p> <p>Milk</p>
<p><b><u>Lunch</u></b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Fruit/Vegetable</i></li> <li><i>Milk</i></li> </ul>	<p>Cheese Bread</p> <p>Carrot Maple Soup</p> <p>(Carrots#)</p> <p>Grapes */#</p> <p>Milk</p>	<p>Chicken Pot Pie</p> <p>(Crust)</p> <p>(Peas #)</p> <p>(Carrots #)</p> <p>Milk</p>	<p>Beef Tips over Noodles</p> <p>(Noodles)</p> <p>Beets #</p> <p>Apples*/#</p> <p>Milk</p>	<p>Turkey Sandwiches</p> <p>(Bread)</p> <p>Vegetable Medly*/#</p> <p>Fruit Cocktail#</p> <p>Milk</p>	<p>Baked Cod Medallions</p> <p>Biscuits</p> <p>Green Beans*/#</p> <p>Pears#</p> <p>Milk</p>
<p><b><u>Snack</u></b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li><i>Milk</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> </ul>	<p>Cheerios</p> <p>Applesauce</p>	<p>Ritz Crackers</p> <p>Summer Sausage</p>	<p>Broccoli*/#</p> <p>Cheese</p>	<p><b>National Kiwi Day</b></p> <p>Kiwi/Strawberries*/#</p> <p>Yogurt</p>	<p>Milk</p> <p>Sugar Cookie Decorating</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

\*Denotes fresh or frozen items.

\*\*Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 12-25-17	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Milk</i></li> </ul>		<p>Cinnamon Sugar Toast</p> <p>Apples*/#</p> <p>Milk</p>	<p>Bagels w/Cream Cheese</p> <p>Craisins*/#</p> <p>Milk</p>	<p>Banana Bread</p> <p>Strawberries*/#</p> <p>Milk</p>	<p>Cereal</p> <p>Mandarin Oranges#</p> <p>Milk</p>
<p><b><u>Lunch</u></b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Fruit/Vegetable</i></li> <li><i>Milk</i></li> </ul>	<p>Merry Christmas!</p>	<p>Cheese Enchiladas</p> <p>(Tortillas)</p> <p>Corn*/#</p> <p>Pineapple#</p> <p>Milk</p>	<p>Ham &amp; Potato Soup</p> <p>Crackers</p> <p>(Potato)</p> <p>Oranges</p> <p>Milk</p>	<p>Goulash w/ Beef, Tomatoes, &amp; Macaroni</p> <p>(Macaroni)</p> <p>(Tomatoes)</p> <p>Fruit Cocktail#</p> <p>Milk</p>	<p>Beef Gryos w/Cucumber Sauce</p> <p>(Pita)</p> <p>Pears #</p> <p>Peas */#</p> <p>Milk</p>
<p><b><u>Snack</u></b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li><i>Milk</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> </ul>		<p>Saltines</p> <p>Hummus#</p>	<p><b>Ants on a Log</b></p> <p>Milk</p> <p>Celery/Raisins*/#</p> <p>Cream Cheese</p>	<p>Graham Crackers</p> <p>Applesauce</p>	<p>Snap Peas</p> <p>Cheese</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

\*Denotes fresh or frozen items.

\*\*Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.