

\*Milk is served with every meal

\*Whole Grain served daily

## Lunch Menu December 2022



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12</b> Pizza Zucchini Orange Slices	<b>13</b> Tuna Casserole Peas Bananas	<b>14</b> Meat Sauce Pasta Corn Apples	<b>15</b> Chicken Tenders Sweet Potatoes Pears Bread	<b>16</b> Fish Sticks Potato Rounds Carrots Melon
<b>19</b> Pizza Carrots Apple	<b>20</b> Chicken and Rice Casserole Broccoli Melon	<b>21</b> Chicken Enchiladas Black Beans Pears	<b>22</b> Turkey Sandwiches Cucumbers Apples	<b>23</b> <b>CLOSED FOR CHRISTMAS</b>
<b>26</b> <b>CLOSED FOR CHRISTMAS</b>	<b>27</b> Pork Pasta Green Beans Apples	<b>28</b> Hamburgers Baked Fries Broccoli Pears	<b>29</b> Pork Stir Fry with Vegetables Melon Bread	<b>30</b> Turkey Wrap with Lettuce and Tomato Apples

**Breakfast** consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or dairy product and one fruit or vegetable.

**Note:** non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.