

Milk is served with lunch

Lunch Menu December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
4 Pizza Carrots Bananas	5 Spinach and Cheese Ravioli Green Beans Mixed Berries	6 Beef Stew with Potatoes and Carrots Apples Dinner Roll	7 Hamburgers Corn Melons	8 Chili Cheese Sandwich Oranges
11 Pizza Broccoli Pineapple	12 Mostaccioli Red Meat Sauce Cucumbers Apples	13 Turkey and Stuffing Cranberries Corn Oranges	14 Enchiladas Black Bean Salad Bananas	15 Wild Rice and Turkey Casserole Mixed Vegetables Mixed Berries
18 Pizza Carrots Oranges	19 Jambalaya Tomatoes and Cucumbers Pineapple	20 Meatballs and Pasta Corn Apples	21 Chicken Tacos Lettuce and Tomatoes Pears	22 Tomato Soup Grilled Cheese Sandwiches Mixed Berries
25 CLOSED FOR CHRISTMAS BREAK	26 CLOSED FOR CHRISTMAS BREAK	27 CLOSED FOR CHRISTMAS BREAK	28 CLOSED FOR CHRISTMAS BREAK	29 CLOSED FOR CHRISTMAS BREAK
1 CLOSED FOR CHRISTMAS BREAK				

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. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.