

DECEMBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DEC 3</p> <p>Breakfast Buckwheat Pancakes, Fruit, Milk</p> <p>Lunch WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>4</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Chicken Rice Casserole w/Veggies, Fruit, Milk</p> <p>Snack Fruit, Cheese, Water</p>	<p>5</p> <p>Breakfast Scrambled Eggs, Toast, Fruit, Milk</p> <p>Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p>Snack Zucchini Bread with Cinnamon Butter, Milk</p>	<p>6</p> <p>Breakfast Oatmeal, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>7</p> <p>Breakfast Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Turkey Sandwich on WW, Soup, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>
<p>10</p> <p>Breakfast Sugar Free Cereal, Berries, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Homemade Banana Bread, Milk</p>	<p>11</p> <p>Breakfast Oatmeal, Fruit, Milk</p> <p>Lunch WW Spaghetti & Turkey Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>12</p> <p>Breakfast WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Fruit & Cheese, Water</p>	<p>13</p> <p>Breakfast Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>14</p> <p>Breakfast Kale Fruit Smoothies, Whole Wheat Toast, Milk</p> <p>Lunch Chicken Alfredo w/Veggies, Fruit, Milk</p> <p>Snack Fresh Fruit, Graham Cracker Bars, Water</p>
<p>17</p> <p>Breakfast Cream of wheat and fruit. Milk</p> <p>Lunch Baked chicken served with WW pasta salad, squash and fruit. Milk</p> <p>Snack Trail Mix. Milk</p>	<p>18</p> <p>Breakfast Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Veggies, Fruit, Milk</p> <p>Snack Banana and crackers. Water</p>	<p>19</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch WW Pizza w/Veggies, Fruit, Milk</p> <p>Snack Veggies w/Homemade Ranch, Milk</p>	<p>20</p> <p>Breakfast Baked Scone, Fruit, Milk</p> <p>Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Fruit, Water</p>	<p>21</p> <p>Breakfast Quiche, Roasted Potatoes, Fruit, Milk</p> <p>Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk</p> <p>Snack String Cheese, Apples, Water</p>
<p>24</p> <p>All Programs Closed - Christmas Eve</p>	<p>25</p> <p>All Programs Closed - Christmas Day</p>	<p>26</p> <p>Breakfast Kale Fruit Smoothie, WW Toast, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>27</p> <p>Breakfast Muffin Bars, Fruit, Milk</p> <p>Lunch Tater Tot Hot Dish w/ Veggies, Fruit, Milk</p> <p>Snack Cream Cheese & Crackers, Milk</p>	<p>28</p> <p>Breakfast Apple French Toast Bake, Milk</p> <p>Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>
<p>31</p> <p>All Programs Closed - New Year's Eve</p>	<p>JAN 1</p> <p>All Programs Closed - New Year's Day</p>	<p>2</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Lasagna Hot Dish w/Veggies & WW Pasta, Fruit, Milk</p> <p>Snack Homemade Shortcake w/Fruit, Milk</p>	<p>3</p> <p>Breakfast Fresh Baked Scone, Fruit, Milk</p> <p>Lunch WW Pizza w/Turkey, Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>4</p> <p>Breakfast Oatmeal, Fruit, Milk</p> <p>Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Zucchini Bread w/Cinnamon Butter, Milk</p>

