



## Lunch Menu

### December 2021

This institution is an equal opportunity provider.

#### Family Style Menu

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk  
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk  
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 29</b> <b>Swedish Meatballs</b> WG Buttered Noodles Corn Fruit Milk <b>Veggie Meatballs</b>	<b>November 30</b> <b>Grilled BBQ Chicken</b> WG Dinner Roll Green Beans Fruit Milk <b>Tofu</b>	<b>December 1</b> <b>Turkey &amp; Cheese Sandwich</b> Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>December 2</b> <b>Chicken Nuggets</b> Potato Wedges Ketchup Fruit Cocktail Milk <b>Veggie Patty on Wheat Bread</b>	<b>December 3</b> <b>WG Cheese Pizza</b> Carrot Sticks/Peas Ranch Dressing Fruit Milk
<b>December 6</b> <b>Yogurt</b> <b>Plain Bagel w/ Cream Cheese</b> <b>Carrot Sticks/Cooked Carrots</b> <b>Ranch Dressing</b> <b>Fruit</b> <b>Milk</b>	<b>December 7</b> <b>Mac and Cheese w/ WG Pasta</b> Cooked Broccoli Fruit Milk	<b>December 8</b> <b>Turkey Ham &amp; Cheese Sandwich</b> WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>December 9</b> <b>Beef BBQ</b> WG Sandwich Roll Potato Wedges Ketchup Fruit Milk <b>Veggie Patty on Wheat Bread</b>	<b>December 10</b> <b>WG Cheese Pizza with Breakfast Turkey Sausage</b> String Cheese Carrot Sticks/ Peas Ranch Dressing Fruit Milk <b>WG Cheese Pizza</b>
<b>December 13</b> <b>Turkey &amp; Cheese on WW Bread</b> Mayonnaise Carrot Sticks (Peas) Ranch Dressing Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>December 14</b> <b>BBQ Meatballs</b> Buttered Noodles Green Beans Fruit Milk <b>Veggie Meatballs</b>	<b>December 15</b> <b>Grilled Chicken</b> Garden Salad w/ Cheese & Tomato Ranch Dressing Dinner Roll w/ Butter Fruit Milk <b>Edamame</b>	<b>December 16</b> <b>Egg, Cheese, Turkey Sausage on WG Bagel</b> Hash Brown Fruit Milk <b>Veggie Sausage</b>	<b>December 17</b> <b>WG Cheese Pizza</b> Carrot Sticks/Peas Ranch Dressing Fruit Milk
<b>December 20</b> <b>WG Chicken Nuggets</b> Tator Tots Ketchup Fruit Milk <b>Veggie Nuggets</b>	<b>December 21</b> <b>Scrambled Eggs w/ Cheese on WG English Muffin</b> Hash Brown Fruit Milk	<b>December 22</b> <b>Turkey and American on WG Bun</b> Mayo Side Garden Salad w/ Italian Dressing ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>December 23</b> <b>Beef and Cheese Taco</b> WG Flour Tortilla Corn & Black Bean Salad Fruit Milk <b>Bean Taco</b>	<b>December 24</b> <b>SunButter &amp; Grape Fruit Spread on WW Bread</b> Cucumbers Ranch Dressing Fruit Milk
<b>December 27</b> <b>Roast Turkey w/ Gravy</b> WG Dinner Roll Green Beans Cranberry Applesauce Milk <b>Tofurky w/ Gravy</b>	<b>December 28</b> <b>BBQ Chicken &amp; Cheddar Wrap on WG Flour Tortilla</b> Cucumbers Fruit Milk <b>Edamame</b>	<b>December 29</b> <b>Roast Beef and American Cheese</b> WG Sandwich Roll Carrot Sticks w/ Ranch (Cooked carrots) Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>December 30</b> <b>Hamburger w/ American Cheese</b> WG Sandwich Roll Tator Tots Fruit Milk <b>Veggie Burger</b>	<b>December 31</b> <b>SunButter &amp; Grape Fruit Spread on WW Bread</b> Cucumbers Ranch Dressing Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos