



DECEMBER

BREAKFAST MENU

2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	3 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	4 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	5 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	6 Oatmeal with Fresh Fruit and Granola Fresh Fruit Skim or 1% Milk
9 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	10 Turkey Sausage on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	11 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	12 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	13 Oatmeal with Fresh Fruit and Granola Fresh Fruit Skim or 1% Milk
16 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	17 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	18 Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	19 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	20 Oatmeal with Fresh Fruit and Granola Fresh Fruit Skim or 1% Milk

Breakfast: choice of 1% or fat-free milk; fruit available daily

All grains offered are whole grains rich

This institution is an equal opportunity provider





DECEMBER

LUNCH MENU

2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>All-Beef Hot Dogs served on a Whole Grain Bun Home fries Fresh Fruit Skim or 1% Milk</p>	<p>3</p> <p>Turkey Meatballs with Marinara, Farro, Parmesan and Zucchini Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Roast Chicken with Quinoa, Farro, and Lentil Salad Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>Whole Grain Focaccia Cheese Pizza Organic Baby Carrots Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>Grass-fed Beef Goulash with Tomato Sauce and Whole Grain Pasta Peas and Carrots Fresh Fruit Skim or 1% Milk</p>
<p>9</p> <p>All Beef Burger with Cheddar on a Whole Grain Bun Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>10</p> <p>Pasta Marinara with Whole Grain Pasta, Chicken, and Cheese Cinnamon Carrots Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Breakfast For Lunch! Chicken Tenders Waffle and Home fries Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Three Cheese Ravioli with Marinara Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Grass-fed Meatballs with Parmesan, Whole Wheat Pasta Corn and Pepper Salad Fresh Fruit Skim or 1% Milk</p>
<p>16</p> <p>Turkey and Swiss Cheese Sandwich with Home fries Fresh Fruit Skim or 1% Milk</p>	<p>17</p> <p>Chicken Parm! Chicken Tenders with Marinara and Mozzarella Sautéed Spinach Fresh Fruit Skim or 1% Milk</p>	<p>18</p> <p>Italian Style Turkey Sausage, Peppers and Onions with Farro Salad Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Roast Turkey with Mashed Potatoes, Peas, Whole Grain Dinner Roll Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Chicken and Black Bean Burritos with Cheddar Green Beans Fresh Fruit Skim or 1% Milk</p>

Lunch: choice of 1% or fat-free milk; fruit available daily

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