

DEC 2-DEC 20

	MONDAY Dec 2	TUESDAY Dec 3	WEDNESDAY Dec 4	THURSDAY Dec 5	FRIDAY Dec 6
WEEK 4					
Breakfast	Strawberry Mango Cup Cheerios Milk	Bagel/Cream Cheese Pear Milk	Honey Chex Cantaloupe Milk	Pancake & syrup Sausage Apple Milk	Cinnamon Toast Crunch Mandarin Orange Milk
Lunch	Chicken LoMein Oriental Veggies Corn Peaches Soy/Duck Sauces Milk	Meatloaf Sweet Potatoes Green Beans Whole Wheat Bread Tropical Fruit Milk	Chicken Caesar Salad Coleslaw Fruit Cocktail Caesar pc WW roll Milk	Hot Dog on WW Bun Ketchup/Mustard Baked Beans Carrots Applesauce Milk	Beef Fajita Broccoli and Carrots Green Peas Banana WW tortilla/taco sauce Milk
WEEK 1	MONDAY Dec 9	TUESDAY Dec 10	WEDNESDAY Dec 11	THURSDAY Dec 12	FRIDAY Dec 13
Breakfast	Applesauce Cereal Sausage Patty Milk	Fruit Bagel/Cream Cheese Milk	Orange Juice Cinnamon Toast Crunch Yogurt Milk	Fruit Hardboiled Egg Cheerios Milk	Orange English Muffin (w/Ham & Cheese) Milk
Lunch	Chicken Burger (whole grain bun) Lettuce/tomato/pickle Mayo/ketchup/mustard Green Beans Fruit Milk	Tacos Whole Grain Tortilla Lettuce/Tomato Salsa Spanish Rice Mexi-corn Banana Milk	Chicken Nuggets Ketchup Whole Grain Roll Mashed Potatoes Baby Carrots Apple Milk	Spaghetti w/meatballs WW Garlic Break Stick Tossed Salad/Italian dressing Green Peas Pears Milk	Arroz Con Pollo Whole Wheat Roll Peas/Carrots Plantains Peaches Milk
WEEK 2	MONDAY Dec 16	TUESDAY Dec 17	WEDNESDAY Dec 18	THURSDAY Dec 19	FRIDAY Dec 20
Breakfast	Fruit Breakfast Burrito Milk	Fruit Bagel/Cream Cheese Milk Milk	Orange Juice Rice Crisp Yogurt Milk	Strawberry Mango Cup Raisin Bread Cream Cheese Milk	Banana Hardboiled Egg Milk
Lunch	Basil Crème Tortellino W/chicken Tossed Salad/ranch dressing Baby Carrots WW Garlic Break Stick Orange Milk	Cheese Pizza (whole grain crust) Spinach salad/Italian dressing Corn Fruit cocktail Milk	Baked Chicken Mixed Vegetables Rice and Beans Whole grain roll Peaches Milk	Hamburger on ww bun Lettuce/Tomato/Pickle Sweet Potato Fries Mayo/Mustard/Ketchup Pineapple Milk	Chicken Strips Hash Brown Pattie Green Beans Whole Grain Tortilla Ketchup Apple Milk