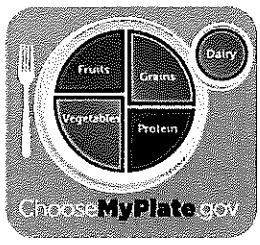
Breakfast December 2019

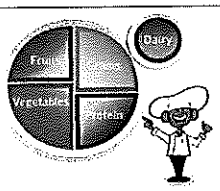
5 Week Rotating Menu	Monday	Tuesday	Wednesday	Thursday
Week 1	2 W/G Bagel w/ Peanut Butter 1 c. Fruit Milk Variety	3 W/G Cereal w/ Milk 1 c. Fruit Milk Variety	4 Waffle Sausage Links 1 c. Fruit Milk Variety	5 Raisin Bread Hard Boiled Egg 1 c. Fruit Milk Variety
Week 2	9 Scrambled Eggs W/G Toast 1 c. Fruit Milk Variety	10 Fruit Smoothie Granola 1 c. Fruit Milk Variety	11 Cereal Bar Cheese Stick 1 c. Fruit Milk Variety	12 Ham Egg Patty on W/G English Muffin 1 c. Fruit Milk Variety
Week 3	16 W/G Biscuits w/ Gravy Sausage Links 1 c. Fruit Milk Variety	17 Yogurt Parfait W/G English Muffin 1 c. Fruit Milk Variety	18 Hash brown bake w/ Egg, Sausage 1 c. Fruit Milk Variety	19 Oatmeal W/G Toast 1 c. Fruit Milk Variety
Week 4	23 **WINTER**	24 	25 **MERRY CHRISTMAS**	26 **BREAK**
Week 5	30 **WINTER**	31 **BREAK**		
Please advise Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly.	**(CEP) Community Eligibility Provision 2019/2020** **Student Cost Free** **Adult Breakfast $2.20** **Adult Lunch $3.75**	**NSLP REQUIREMENTS:** **Meat/Alt: Optional 1 oz. daily** **Whole Grain: 1.75/1 oz. daily** **Fruit/ Vegetable: 1 Cup daily** **Milk: 1 Cup Daily**		**WEEKLY AVERAGE:** **Calories: 400-500** **Sodium: <540** **Sat. Fat: <10** **Trans Fat: 0g. /Serving**

This institution is an equal opportunity provider.

Menu is subject to change without notice.

Milk: Low Fat White or Fat Free White Milk.

Lunch December 2019

5 Week Rotating Menu	Monday	Tuesday	Wednesday	Thursday
Week 1	2 W/G Sausage or Pepperoni Pizza ¾ c. Vegetable ½ c. Fruit Milk Variety	TACO TUESDAY 3 Beef & Cheese Nacho's on W/G Tortilla Chips ¾ c. Vegetable ½ c. Fruit Milk Variety	4 Grilled Ham and Cheese Sandwich/Wrap ¾ c. Vegetable ½ c. Fruit Milk Variety	5 Chicken Nuggets Macaroni & Cheese ¾ c. Vegetable ½ c. Fruit Milk Variety
Week 2	9 W/G Spaghetti w/ Meat Sauce W/G Garlic Toast ¾ c. Vegetable ½ c. Fruit Milk Variety	TACO TUESDAY 12 Burrito Bowl w/ Diced Chicken & Beans ¾ c. Vegetable ½ c. Fruit Milk Variety	11 Chili Cornbread ¾ c. Vegetables ½ c. Fruit Milk Variety	12 Meatball Sandwich on W/G Hoagie Roll Rice ¾ c. Vegetables ½ c. Fruit
Week 3	16 Ham & Turkey Sandwich ¾ c. Vegetables ½ c. Fruit Milk Variety	TACO TUESDAY 17 Fajitas W/G Tortilla Shell ¾ c. Vegetables ½ c. Fruit Milk Variety	18 Chicken Alfredo w/ Whole Grain Noodles ¾ c. Vegetable ½ c. Fruit Milk Variety	19 **NO LUNCH MINIMUM ATTENDANCE**
Week 4	23 **WINTER**	24	25 	26 **BREAK**
Week 5	30 **WINTER**	31 **BREAK**		
Please advise Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly.	**(CEP) Community Eligibility Provision 2019/2020 Student Cost Free Adult Breakfast $2.20 Adult Lunch $3.75**	**NSLP REQUIRMENTS: Meat/Alt: 1.75/1 oz. daily Whole Grain: 1.75/1 oz. daily Vegetable: ¾ c. daily Fruit: ½ c. daily Milk Variety: 1 Cup daily**		**WEEKLY AVERAGE: Calories: 550-650 Sodium: <1, 230/ Sat. Fat: <10 Trans Fat: 0g. /Serving**

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Milk Variety: Low Fat White or Non Fat Chocolate.