




## Breakfast & Snack - December, 2019

12/2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/3 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/4 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	12/5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	12/6 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
12/9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/10 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	12/11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12/12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/13 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
12/16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	12/19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	12/20 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
12/23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/24 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 ***** CLOSED FOR CHRISTMAS *****	12/27 ***** CLOSED FOR CHRISTMAS *****
12/30 ***** CLOSED FOR CHRISTMAS *****	12/31 ***** CLOSED FOR CHRISTMAS *****			

+ Whole grain



## Lunch – December, 2019

<p>12/2 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>12/3 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>12/4 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>12/5 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>12/6 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>12/9 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>12/10 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>12/11 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>12/12 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>12/13 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>12/16 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>12/17 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>12/18 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit</p>	<p>12/19 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>12/20 *Lasagna Tossed salad Fresh fruit</p>
<p>12/23 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>12/24 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>12/25 ***** CLOSED FOR CHRISTMAS DAY *****</p>	<p>12/26 ***** CLOSED FOR CHRISTMAS *****</p>	<p>12/27 ***** CLOSED FOR CHRISTMAS *****</p>
<p>12/30 ***** CLOSED FOR CHRISTMAS *****</p>	<p>12/31 ***** CLOSED FOR CHRISTMAS *****</p>	<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>

\*Vegetarian meal  
+Whole grain



## Vegetarian lunch – December, 2019

12/2 White bean mushroom soup Spinach salad Fresh fruit	12/3 Gluten free pizza Garden salad Fresh fruit	12/4 Asian salad with baked tofu Whole wheat bread/butter Fresh fruit	12/5 Moroccan sweet potato lentil soup Carrots Whole wheat bread/butter Fresh fruit	12/6 Beans & Brown rice Tossed salad Corn tortilla Fresh fruit
12/9 Vegan pasta alfredo Salad Fresh fruit	12/10 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit	12/11 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit	12/12 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	12/13 Lentil taco w/ corn tortilla Corn Fresh fruit
12/16 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	12/17 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	12/18 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	12/19 Enchilada casserole With corn tortilla Green beans Fresh fruit	12/20 French lentils with thyme Tossed salad Fresh fruit
12/23 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	12/24 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 ***** CLOSED FOR CHRISTMAS *****	12/27 ***** CLOSED FOR CHRISTMAS *****
12/30 ***** CLOSED FOR CHRISTMAS *****	12/31 ***** CLOSED FOR CHRISTMAS *****			

**All entrees are vegan and gluten free**

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan