

# December - 2018

**Breakfast:**            1-2        3-5        6-12  
Milk                        1/2 c      3/4 c      1 c  
Fruit, Veg or both      1/4 c      1/2 c      1/2 c  
Grains/Breads          1/2 oz eq 1/2 oz eq 1 oz eq  
Dry Cereal                1 oz  
Meat/Meat Alt.         1/2 oz     1/2 oz     1 oz  
\*Select 2 of the 5 components

**Lunch:**                1-2        3-5        6-12  
Milk                        1/2 c      3/4 c      1 c  
Grains/Breads          1/2 oz eq 1/2 oz eq 1 oz eq  
Pasta/Noodles            1/4 c  
Fruit                        1/8 c      1/4 c      1/4 c  
Vegetables                1/8 c      1/8 c      1/2 c  
Meat/Meat Alt.         1 oz.      1.5 oz.    2 oz.

**PM Snack:**            1-2        3-5        6-12  
Milk                        1/2 c      1/2 c      1 c  
Fruit                        1/2 c      1/2 c      1/2 c  
Vegetable                1/2 c      1/2 c      3/4 c  
Grains/Breads          1/2 oz eq 1/2 oz eq 1 oz eq  
Meat/Meat Alt.         1/2 oz     1/2 oz     1 oz  
\*Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
BR - Milk/Life Cereal/Blueberries	BR - Milk/WW Toast with Butter/Strawberries	BR - Milk/Strawberry Yogurt/Melon	BR - Milk/WW Bagel Thins with Strawberry Cream Cheese/Apples	BR - Milk/Life Cereal/Blueberries
LN - Milk/Tukey and Cheese Pinwheel (WW)/Celery with Ranch/Pears	LN - Milk/PB&J on Whole Wheat/Bananas/Carrots and Ranch	LN - Milk/Chicken Nuggets/WW Roll/Green Beans/Peaches	LN - Milk/Beef Hotdogs on WW Bun / Macaroni and Cheese/Applesauce/Corn	LN - Milk/PB Banana Roll Ups on Whole Wheat/Carrots
SN - Milk/Cheeze Its	SN - Milk/Animal Crackers	SN - Milk/Graham Crackers	SN - Milk/WG Crackers/Sting Cheese	SN - Milk/Pretzels/Pickles
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
BR - Milk/Vanilla Yogurt/Blueberries	BR - Milk/Cheerios/Strawberries	BR - Milk/Chex Cereal/Oranges	BR - Milk/Bagels with Cream Cheese/Apples	BR - Milk/Blueberry Muffins/Oranges
LN - Milk/Turkey Hot Dog on WW Bun/Sweet Potato Fries/Pears	LN - Turkey Tacos with Shredded Cheese/Salad/Pineapple	LN - Milk/WG Waffles/Turkey Bacon/Bananas/Green Pepper	LN - Milk/Ham and Cheese on WW/Celery with Ranch/Oranges	LN - Milk/Popcorn Chicken/Applesauce/Green Beans/Brown Rice
SN - Milk/Chips and Salsa	SN - Milk/Small Soft Pretzel	SN - Milk/WG Goldfish Crackers	SN - Milk/Animal Crackers	SN - Milk/PB Crackers
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
BR - Milk/Cheerios/Oranges	BR - Milk/English Muffin with Jelly/Apples	BR - Milk/Banana Muffins/Bananas	BR - Milk/Chex Cereal/Strawberries	BR - Milk/WG French Toast Sticks/Apples
LN - Milk/Roast Beef and Cheese Pinwheels/Peaches/Carrots	LN - Milk/Mini Meatballs on WG Bun/Salad/Pears	LN - Milk/Chicken Patty on WW Bun/Corn/Grapes	LN - Milk/Taco Salad/Tortilla Scoops/Applesauce/Carrots	LN - Turkey Chicken Nuggets/Celery/Mandarine Oranges/WW roll
SN - Milk/Animal Crackers	SN - Milk/ WG Crackers/String Cheese	SN - Milk/Pretzels with Cheese	SN - Milk/Cheeze Its	SN - Milk/Graham Crackers
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
BR - <b>CENTER</b>	BR - <b>CENTER</b>	BR - Milk/Bagels with Cream Cheese/Oranges	BR - Milk/Vanilla Yogurt/Bananas	BR - Milk/Life Cereal/Blueberries
LN - <b>CLOSED</b>	LN - <b>CLOSED</b>	LN - Milk/Roast Beef and Cheese Pinwheels/Green Beans/Pears	LN - Milk/Turkey and Cheese on WW/Cucumbers with Ranch/Grapes	LN - Milk/All Beef Hot Dog on WW bun/Carrots/Mandarine Oranges
SN -	SN -	SN - Milk/Pretzes	SN - Milk/ Chips and Salsa	SN - Milk/Graham Crackers

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months  
Skim Milk = Children over 24 months  
WG = Whole Grain / WW = Whole Wheat