

Early Childhood Menus December 2018

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate
 Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
12/3 Week 1	12/4	12/5	12/6	12/7
Unsweetened Cereal Fresh Orange Wedges	Whole Wheat English Muffin/Sun Butter Tropical Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
<u>Meat Meal</u> Chili Sweet Corn Fresh Apple Wedges Mini Bread Sticks	<u>Dairy Meal</u> Pizza Bagels Garden Salad w/Tomatoes/Ranch Dressing Diced Peaches	Cheesy Scrambled Eggs Hash Brown Potatoes Fresh Red Grapes Whole Grain Biscuit	Turkey Burgers Roasted Zucchini/Red Pepper Peaches Whole Wheat Roll	Honey Glazed Chicken Drumstick Latkes Applesauce Challah
Roasted Carrot Sticks w/Russian Dressing	Graham Crackers/Applesauce	Hummus/Pita Wedges	Fresh Pear	Oat Granola
12/10 Week 2	12/11	12/12	12/13	12/14
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Scrambled Eggs Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Au Gratin Potatoes Fresh Grapes Whole Wheat Roll	Sweet & Sour Chicken Seasoned Brown Rice Sweet Peas Mandarin Oranges	Cheese Quesadilla/Salsa Lettuce w/Cherry Tomatoes Tropical Fruit	Cavatappi Pasta w/Meat Sauce Broccoli Diced Pears	Homemade Chicken Nuggets Green Beans Fresh Honeydew Challah
Fresh Pear	Fresh Apple Wedges	Soft Pretzel Bites	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese

Early Childhood Menus December 2018

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate
 Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
12/17 Week 3	12/18	12/19	12/20	12/21
Unsweetened Cereal Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Cinnamon Raisin Bagel Half/Cream Cheese Apricot Halves	Yogurt Strawberries
Tomato Soup Toasted Cheese Dippers on Whole Wheat Bread Fresh Honeydew Cubes	Teriyaki Chicken Lo Mein Noodles Stir Fry Vegetables Mandarin Oranges	Cheesy Rotini Seasoned Broccoli Cherry Tomatoes Diced Peaches	Hawaiian Meatballs Seasoned Brown Rice Peas Pineapple	Homemade Oven Fried Chicken Strips Glazed Baby Carrots Fresh Red Grapes Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Red Grapes	Peaches/Oat Granola
12/24 Week 4	12/25	12/26	12/27	12/28
Unsweetened Cereal Tropical Fruit	Holiday No Meal Service	Oatmeal Apple Slices	French Toast Strawberries	Whl Wht Toast/Hard Boiled Egg Half Mixed Fruit
Cheese Pita Pizza Garden Salad w/ Ranch Dressing Fresh Cantaloupe Cubes		Vegetable Orzo Soup Tuna Salad Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll Baked Beans Carrot Pineapple Slaw	Seasoned Chicken Drumsticks Sweet Potato Fries Apple Sauce Challah
Whole Grain Bagel Half/Sun Butter		Banana	Diced Peaches & Pears	Fresh Orange Wedges

Early Childhood Menus December 2018

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate
 Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
12/31 Week 5				
Unsweetened Cereal Strawberries				
Mac and Cheese Seasoned Green Beans Tropical Fruit				
Fresh Apple Wedges				

Early Childhood Special Menu December 2018



Red-Vegetarian **Green-No red meat** **Blue-No Dairy** **No-Turkey** **Purple-No Eggs** **No Dairy & No Eggs**

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
12/3 Week 1	12/4	12/5	12/6	12/7
Unsweetened Cereal Fresh Orange Wedges	Whole Wheat English Muffin/Sun Butter Tropical Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
<u>Meat Meal</u> Chili Tofu Chili Tofu Chili Sweet Corn Fresh Apple Wedges Mini Bread Sticks	<u>Dairy Meal</u> Pizza Bagels Homemade Veggie Burger Pizza Bagel(no cheese) Garden Salad w/Tomatoes/Ranch Dressing No Ranch Dressing Diced Peaches	Cheesy Scrambled Eggs Cheesy Biscuit(no eggs) Scrambled Eggs (no cheese) Veggie Patty Hash Brown Potatoes Fresh Red Grapes Whole Grain Biscuit	Turkey Burgers Tofu Burgers Tofu Burgers Roasted Zucchini/Red Pepper Diced Peaches Whole Wheat Roll	Honey Glazed Chicken Drumstick Seasoned Veggie Patty Latkes Applesauce Challah
Roasted Carrot Sticks w/Russian Dressing	Graham Crackers/Applesauce	Hummus/Pita Wedges	Fresh Pear	Oat Granola
12/10 Week 2	12/11	12/12	12/13	12/14
Oatmeal Diced Peaches	Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Banana	Whole Wheat Toast Scrambled Eggs Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Seasoned Potatoes (no cheese) Fresh Grapes Whole Wheat Roll	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Mandarin Oranges	Cheese Quesadilla/Salsa Hard Boiled Egg Lettuce w/Cherry Tomatoes Tropical Fruit	Cavatappi Pasta w/Meat Sauce Cavatappi Pasta w/Tofu & Sauce Cavatappi Pasta w/Tofu & Sauce Broccoli Diced Pears	Homemade Chicken Nuggets/Honey Mustard Homemade Tofu Nuggets/Honey Mustard No Honey Mustard Green Beans Fresh Honeydew Challah
Fresh Pear	Fresh Apple Wedges	Soft Pretzel Bites	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese

Early Childhood Special Menu December 2018



Red-Vegetarian **Green-No red meat** **Blue-No Dairy** **No-Turkey** **Purple-No Eggs** **No Dairy & No Eggs**

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
12/17 Week 3	12/18	12/19	12/20	12/21
Unsweetened Cereal Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Cinnamon Raisin Bagel Half/Cream Cheese Apricot Halves	Yogurt Strawberries
Tomato Soup Toasted Cheese Dippers on Whole Wheat Bread Sun Butter on Whole Wheat Fresh Honeydew Cubes	Teriyaki Chicken Teriyaki Tofu Lo Mein Noodles Stir Fry Vegetables Mandarin Oranges	Cheesy Rotini Seasoned Rotini w/Veggie Patty Seasoned Broccoli Cherry Tomatoes Diced Peaches	Hawaiian Meatballs Hawaiian Tofu Patty Hawaiian Tofu Patty Seasoned Brown Rice Pineapple Tidbits	Homemade Oven Fried Chicken Strips Veggie Patty Glazed Baby Carrots Mixed Fruit Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Red Grapes	Peaches/Oat Granola
12/24 Week 4	12/25	12/26	12/27	12/28
Unsweetened Cereal Tropical Fruit	Holiday No Meal Service	Oatmeal Apple Slices	French Toast Strawberries	Whl Wht Toast/Hard Boiled Egg Half Mixed Fruit
Cheese Pita Pizza Sun Butter on Whole Wheat Garden Salad w/ Ranch Dressing No Ranch Dressing Fresh Cantaloupe Cubes		Vegetable Orzo Soup Tuna Salad Egg Salad Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll Veggie Patty Veggie Patty Baked Beans Carrot Pineapple Slaw	Seasoned Chicken Drumsticks Seasoned Tofu Strips Baked Sweet Potato Fries Apple Sauce Challah
Whole Grain Bagel Half/Cream Cheese		Banana	Diced Peaches & Pears	Fresh Orange Wedges

Early Childhood Special Menu December 2018



Red-Vegetarian **Green-No red meat** **Blue-No Dairy** **No-Turkey** **Purple-No Eggs** **No Dairy & No Eggs**

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
12/31 Week 5				
Unsweetened Cereal Strawberries				
Mac and Cheese Mac and Seasoned Tofu Seasoned Green Beans Tropical Fruit				
Fresh Apple Wedges				