


## Dec. 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			B: WGR Cereal w/ Milk, Banana L: Ranch Chicken, Roll, Sweet Potato Fries, Mixed Fruit. Milk Sn: Cheese, Crackers, Water	B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Fresh Veggies, Applesauce, Milk Sn: Cheez Its, Juice
5	6	7	8	9
B: WGR Cereal w/ Milk, Banana L: Ham & Cheese Roll Up, Mixed Veg. Applesauce, Milk Sn: Cheese Sand. Crackers, Juice	B: WGR Bagel, Orange Slices, Milk L: Teriyaki Meatballs, Rice, Calif. Blend Veggies, Pineapples, Milk Sn: Graham Crackers, Milk	B: WGR Waffle, Apples, Milk L: Mac & Cheese, Peas, Peaches, Milk Sn: Crackers, Applebutter, Milk	B: WGR Cereal w/ Milk, Banana L: Tomato Soup, Toasted Cheese Sandwich, Apples, Milk Sn: Animal Crackers, Milk	B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Chicken Patty Sandwich, Mixed Veg, Applesauce, Milk Sn: Chex Mix, Juice
12	13	14	15	16
B: WGR Cereal w/ Milk, Juice L: Sausage, Egg & Cheese Sand Hashbrown, Oranges, Milk Sn: Mini Grahams, Milk	B: WGR English Muffin, Orange Slices, Milk L: Pasta w/ Meat Sauce, Salad, Applesauce, Milk Sn: Yogurt, Pretzels, Water	B: WGR Waffle, Apples, Milk L: Chicken Nuggets, Rice, Mixed Veg. Pears, Milk Sn: Cranberry Orange Bread, Milk	B: WGR Cereal w/ Milk, Banana L: Hamburger Veg. Soup, Crackers Applesauce, Milk Sn: Cheese, Crackers, Water	B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza Carrots, Peaches, Milk Sn: Cheez Its, Juice
19	20	21	22	23
B: WGR Cereal w/ Milk, Banana L: PB&J (1 yr olds Cheese) Sand. Carrots, Applesauce, Milk Milk Sn: Cheese Sand. Crackers, Juice	B: WGR Bagel, Orange Slices, Milk L: Chicken Patty Sand. Mixed Veg Peaches, Milk Sn: Graham Crackers, Milk	B: WGR Waffle, Apples, Milk L: Zucchini Corn Chowder, Cheese, Crackers, Pears, Milk Sn: Crackers, Applebutter, Milk	B: WGR Cereal w/ Milk, Banana L: Ham, Noodles, Oven Roasted Carrots, Mixed Fruit, Milk Sn: Animal Crackers, Milk	B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Hot Dog in Bun, Corn, Applesauce, Milk Sn: Chex Mix, Juice
26	27	28	29	30
				

- \*All juice is 100% juice      \*WGR=Whole Grain Rich      \*1 yr olds Served Whole Milk      \*2 yrs + Served 1% Milk
- \*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, etc.
- \*Assorted Fresh Fruit includes: Bananas, Apples, Oranges
- \*Assorted Fresh Veggies includes: Carrots, Bell Peppers, Cucumbers