



Key Terms:
WG = Whole Grain
WW = Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHRISTMAS BREAK				
1 ST	2 ND	3 RD	4 TH	5 TH
8 TH WW French Toast Sticks Cinn/Raisin Peaches Milk (Syrup)	9 TH Cereal: WG Cinnamon Toasters Honey Graham Crackers Fresh Banana Milk	10 TH Breakfast Sandwich Turkey Sausage Patty WW English Muffin Cinn/Raisin Apples 100% Orange Juice Milk	11 TH Breakfast Tacos – 2 Bean & Cheese on WW Tortilla Mixed Fruit Cup 100% Apple Juice Milk	12 TH Raspberry Cereal Bar WW Animal Cracker Diced Pear Cup 100% Grape Juice Milk
15 TH CLOSED MLK DAY	16 TH Cereal: WG Trix Cereal Mozzarella String Cheese Fresh Banana Milk	17 TH WW Biscuit Assorted Jelly Pineapple Tidbit Cup 100% Grape Juice Milk	18 TH Fruit & Yogurt Plate Vanilla Yogurt Granola Mixed Berries 100% Orange Juice Milk	19 TH WG Blueberry Poptart Mixed Fruit Cup 100% Apple Juice Milk
22 ND Breakfast Sandwich Egg Patty w/ Cheese On WW English Muffin Pineapple Tidbit Cup 100% Apple Juice Milk	23 RD Cereal: WG Cheerios Cinnamon Goldfish Crackers Fresh Banana Milk	24 TH Blueberry Cereal Bar Mozzarella String Cheese Diced Pear Cup 100% Grape Juice Milk	25 TH WG Waffle Cinn/Raisin Peaches 100% Apple Juice Milk (Syrup)	26 TH Breakfast Pizza WG Turkey Sausage Pizza Mixed Fruit Cup 100% Orange Juice Milk
29 TH Breakfast Sandwich Turkey Canadian Bacon w/ Cheese on WG Biscuit Cinn/Raisin Apples Milk	30 TH Cereal: WG Frosted Flakes Mozzarella String Cheese Fresh Banana Milk	31 ST WG Waffle Cinn/Raisin Peaches 100% Grape Juice Milk (Syrup)		





Key Terms:
LS = Low Sodium
WG = Whole Grain
WW = Whole Wheat



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Y

1ST

2ND

3RD

4TH

5TH

CHRISTMAS BREAK

8TH Breaded Chicken Tenders
Green Beans
Potatoes Au Gratin
Pineapple Tidbit Cup
Milk
(Ketchup)

9TH Turkey Sloppy Joes on WW Hamburger Bun
Oven Fries
Steamed Carrots
Fresh Orange Wedges
Milk
(Ketchup)

10TH Cheese Enchiladas w/ Ranchero Sauce
Mexicali Corn
Pinto Beans
Mandarin Orange Cup
Milk

11TH **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Fresh Orange Wedges
Milk
(FF Ranch Dressing)

12TH **Chicken Parmesan**
Breaded Chicken Patty w/ Cheese & Spaghetti Sauce
WW Spaghetti
Steamed Broccoli
Buttered Yellow Squash
Applesauce Cup
Milk

15TH
CLOSED
MLK DAY

16TH Breaded Steak Fingers
Mashed Potatoes
Normandy Veggie Blend
Diced Pear Cup
Milk
(Ketchup)

17TH Cheeseburger on WW Hamburger Bun
Tater Tots
Buttered Carrots
Fresh Orange Wedges
Milk
(Ketchup; Mustard)

18TH **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Applesauce Cup
Milk
(FF Ranch Dressing)

19TH Chicken Penne
Alfredo on WG Penne
Steamed Broccoli
Roasted Sweet Potato
Fresh Orange Wedges
Milk

22ND Spaghetti & Beef
Meatballs on WW Spaghetti
Steamed Broccoli
Buttered Yellow Squash
Fresh Orange Wedges
Milk

23RD **Taco Tuesday**
Ground Turkey & Cheese w/ WW Tortilla
Lettuce/Tomato Cup
Pinto Beans
Diced Peach Cup
Milk

24TH Turkey Hot Dog on WW Hot Dog Bun
Sweet Potato Tots
Green Beans
Fresh Orange Wedges
Milk
(Ketchup; Mustard)

25TH **Papa John's Pizza**
WW Cheese or Pepperoni Pizza
Baby Carrots
Side Salad
Applesauce Cup
Milk
(FF Ranch Dressing)

26TH WG Mini Corn Dogs
Steamed Corn
Italian Veggie Blend
Fresh Orange Wedges
Milk
(Ketchup; Mustard)

29TH WG Chicken Nuggets
Mashed Potatoes
Broccoli w/ Cheese
Fresh Orange Wedges
Milk
(Ketchup)

30TH Lemon Herb Chicken
WW Roll
Pinto Beans
Buttered Carrots
Fresh Whole Fruit
Milk

31ST **Spaghetti & Meat Sauce**
Ground Turkey & Sauce on WW Spaghetti
Seasoned Cauliflower
Capri Veggie Blend
Fresh Orange Wedges
Milk



Key Terms:
LS = Low Sodium
WG = Whole Grain
WW = Whole Wheat

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Y

CHRISTMAS BREAK

1ST

2ND

3RD

4TH

5TH

8TH

9TH

10TH

11TH

12TH

WW Animal Cracker
Mozzarella String Cheese

Granola Packet
Fruit Yogurt Cup

WG Cheddar Goldfish
100% Orange Juice

Strawberry Chex Mix
Fresh Banana

Cheddar Rectangle (2)
Cinnamon Goldfish
Crackers

15TH

16TH

17TH

18TH

19TH

**CLOSED
MLK DAY**

Baby Carrots
Honey Graham
Crackers (2)

100% Orange Juice
WG Cheddar Goldfish

Multi-Grain Sun Chips
Fresh Banana

Fruit Yogurt Cup
Granola Packet

22ND

23RD

24TH

25TH

26TH

Multi-Grain Sun Chips
100% Orange Juice

Mozzarella String
Cheese
Honey Graham
Crackers (2)

Cheddar Rectangle (2)
WW Animal Crackers

Fresh Banana
Cinn. Goldfish Crackers

Strawberry Chex Mix
100% Orange Juice

29TH

30TH

31ST

Honey Graham
Crackers (2)
100% Orange Juice

WG Cheddar Goldfish
Cheddar Rectangle (2)

Mozzarella String Cheese
Cinnamon Goldfish
Crackers

