




(WG) = Whole Grain

December Lunch



| Serving Sizes (Ages 1-2) | Mon | Tue | Wed | Thu | Fri | Serving Sizes (Ages 3-5) |
|--|--|--|---|---|--|---|
| Protein :1 Ounce / 1/4 cup** Grain: 1/2 Slice/ Serv/1/4 Cup Veg: 1/8 Cup Fruit: 1/8 Cup E | | 1 Cheese Pizza English Muffin Green Beans Oranges | 2 Chicken Teriyaki Rice (WG) Broccoli Pineapple | 3 Turkey Chili Beans Carrot Sticks Saltine Crackers Pears | 4 Chicken Salad Sandwiches Salad Oranges | Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/ Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup |
| | 7 Veg. Baked Beans Cornbread Mixed Veggies Oranges | 8 Turkey/Cheese Wraps (WG) Green Beans Apples | 9 Chicken & Spanish Rice (WG) Mixed Veggies Oranges | 10 Meat Sauce Spaghetti (WG) Corn Watermelon | 11 Chicken Alfredo Penne Pasta (WG) Broccoli Oranges | |
| | 14 Beans & Rice (WG) Corn Apples | 15 Turkey & Cheese Wraps (WG) Green Beans Oranges | 16 Turkey Chili Beans Carrot Sticks Saltine Crackers Apples | 17 Spanish Chicken Rice (WG) Broccoli Fruit Cocktail | 18 Cheese Quesadillas (WG) Green Beans Cantaloupe | |
| | 21 Rotini (WG) Mac & Cheese Peas/Carrots Pears | 22 Turkey Sloppy Joe Sandwiches Green Beans Apples | 23 Cheese Ravioli Broccoli Fruit Cocktail | 24 <i>Merry Christmas</i>  | 25 | |
| *Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older. | 28 Beans & Rice (WG) Peas & Carrots Apples | 29 Chicken Teriyaki Rice (WG) Broccoli Pineapple | 30 Ground Turkey & Cheese Tacos Salad Oranges | 31  | 1  | This institution is an equal opportunity |

***Lunch is served with Milk.