

(WG) = Whole Grain

(E) = Contains Egg

In Blue = Contains Milk

# December Lunch

Serving Sizes	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	2 Rotini (WG) Mac & Cheese (1/2 cup pasta + cheese) Peas/Carrots Pears	3 Turkey Sloppy Joe Sandwiches (1/2 bun- 1.35 oz) Green Beans Apples	4 Chicken Alfredo E Penne Pasta (WG) (1/2 cup pasta +chicken) Broccoli Oranges	5 BBQ Chicken Sandwiches (1.1 oz slice) Corn Fruit Cocktail	6 Bean & Cheese Burritos (1/2 12 inch tortilla) Salad w/ Ranch Dressing (E) Oranges	Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup
	9 Beans & Rice (WG) (1/2 cup rice + beans) Corn Apples	10 Chicken & Rice Teriyaki (WG) (1/2 cup rice + chicken) Broccoli Pineapple	11 Ground Turkey/ Cheese Tacos (1 6 in tortilla) Salad w/ Ranch Dressing (E)Oranges	12 Chicken Salad (E) Sandwiches (1.1 oz slice) Corn Fruit Cocktail	13 Cheese Quesadillas (WG) (1/2 10inch tortilla) Green Beans Oranges	
	16 Cheese Pizza English Muffin (1/2 muffin- 1 oz) Peas & Carrots Pineapple	17 Bean & Cheese Burritos (1/2 12 inch tortilla) Corn Peaches	18 <b>Holiday Feast</b> Sliced Turkey Mac & Cheese (WG) (1/2 cup pasta + cheese) Salad w/ Ranch Dressing(E)Cinnamon Pears	19 Chicken Alfredo E Penne Pasta (WG) (1/2 cup pasta +chicken) Broccoli Oranges	20 Turkey Chili Beans Carrot Sticks Saltine Crackers (4 crackers .38 oz) Cantaloupe	
	23 Rotini (WG) Mac & Cheese (1/2 cup pasta + cheese) Peas/Carrots Peaches	24 Veg. Baked Beans Saltine Crackers (4 crackers .38 oz) Corn Fruit Cocktail	25 <b>CLOSED for HOLIDAY</b>	26 <b>CLOSED for HOLIDAY</b>	27 Beans & Rice (WG) (1/2 cup rice + beans) Peas & Carrots Apples	
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age	30 Bean & Cheese Burritos (1/2 12 inch tortilla) Salad w/ Ranch Dressing (E) Apples	31 <b>CLOSED for HOLIDAY</b>	<b>CLOSED for HOLIDAY</b>	1 Turkey/Cheese Wraps (WG) w/ Ranch Dressing (E) (1/2 10inch tortilla)	2 Meat Sauce Baked Penne (WG) (1/2 cup pasta + turkey) Corn Cantaloupe	3 <b>This institution is an equal opportunity provider.</b>

\*\*\*Lunch is served with Milk.