

# December 2024 Menu

**ALLERGIES:**

Please Avoid Nuts of Any Kind

 Milk is served w/ Breakfast & Lunch  
 Children under 2yrs: Whole Milk  
 Children over 2yrs: Non-Fat Milk  
 Water is served with PM snacks

 Tropical Fruit consists of:  
 Pineapple, Guava and Papaya

**TODDLER SNACK:**  
 Bread/Cereal: 1/2 slice or 1/4 cup  
 Protein: 1/2 oz or 1/4 cup  
 Milk: 1/2 cup or 4 oz  
 Fruit/Veg: 1/2 cup

**TODDLER BREAKFAST/LUNCH**  
 Bread/Cereal: 1/2 slice or 1/4 cup  
 Protein: 1 oz or 1/4 cup  
 Milk: 1/2 cup or 4 oz  
 Fruit/Veg: 1/4 cup

**PRESCHOOL SNACK:**  
 Bread/Cereal: 1/2 slice or 1/4 cup  
 Protein: 1/2 oz or 1/4 cup  
 Milk: 1/2 cup or 4 oz  
 Fruit/Veg: 1/2 cup

**PRESCHOOL BREAK./LUNCH:**  
 Bread/Cereal: 1/2 slice or 1/4 cup  
 Protein: 1.5 oz or 3/4 cup  
 Milk: 3/4 cup or 6 oz  
 Fruit/Veg: 1/2 cup

 WGR = Whole Grain Rich  
 V: Vegetarian Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Whole Bagel (WGR) TBA Fruit Milk Chicken Congee w/Peas & Carrots (WGR) V: Vegan Congee Mandarin Oranges Milk String Cheese, Club Crackers Apples	<b>3</b> Oatmeal Bar (WGR) Fruit Milk Spaghetti w/Beef & Mushroom Sauce V: Vegan Spaghetti Orange Slices Milk Turkey & Cheese on Wheat Applesauce	<b>4</b> Oatmeal Zucchini Muffin (WGR) TBA Fruit Milk Chicken Yakisoba (WGR) V: Vegan Yakisoba Apples Milk Yogurt (A: Coconut Yogurt), Graham Crackers Blueberries	<b>5</b> Baked Oats w/Peaches Milk Vegan Pasta Bolognese (WGR) Bananas Milk Life Cereal Pears	<b>6</b> Carrot Raisin Bread (WGR) Fruit Milk Beef Taco (WGR) V: Vegan Taco Fruit Medley Milk Soft Pretzel Oranges
<b>9</b> Corn Flakes (WGR) Fruit Milk Beef Goulash (WGR) V: Vegan Goulash Bananas Milk Cheese Quesadillas w/Guacamole Applesauce	<b>10</b> Yogurt Peach Parfait (MMA) Milk Turkey Picadillo (WGR) V: Vegetable Picadillo Orange Slices Milk Pirate's Booty Cantaloupe	<b>11</b> Strawberry Breakfast Bar (WGR) Fruit Milk Teriyaki Chicken & Rice (WGR) V: Teriyaki Tofu & Rice Vegetable Medley Apples Milk Cheese Squares, Organic Snack Crackers Bananas	<b>12</b> Whole Grain Pumpkin Donut (WGR) TBA Fruit Milk Baked Chicken Tenders (WGR) V: Vegan Tenders Pasta Salad Mandarin Oranges Milk Snapea Crisps Apples	<b>13</b> Banana Bread (WGR) Fruit Milk Italian Pasta & Beans (WGR) Fruit Medley Milk Corn Chex Cereal Oranges
<b>16</b> Whole Bagel (WGR) TBA Fruit Milk Chili con Carne w/Whole Grain Bread (WGR) Bananas Milk Cheese Squares Oranges	<b>17</b> Oatmeal Bar (WGR) Fruit Milk Thai Pineapple Chicken w/Veggies & Rice V: Thai Pineapple Tofu w/Veggies & Rice Vegetable Medley Mandarin Oranges Milk Yogurt (A: Coconut Yogurt), Graham Crackers Blueberries	<b>18</b> Oatmeal Zucchini Muffin (WGR) TBA Fruit Milk Beef Stew w/Rice (WGR) V: Vegan Stew w/Rice Vegetable Medley Apples Milk Apple Butter Turkey Wraps Bananas	<b>19</b> Baked Oats w/Peaches Milk Turkey Meatballs w/Pasta (WGR) V: Meatless Meatballs w/Pasta Bananas Milk Rice Cakes Apples	<b>20</b> Carrot Raisin Bread (WGR) Fruit Milk Chicken Paella (WGR) V: Vegan Paella Bananas Fruit Medley Milk Strawberry Preserves & Sunbutter on Wheat Applesauce
<b>23</b> Cheerios (WGR) Fruit Milk Chicken Marsala Pasta (WGR) V: Vegan Marsala Bananas Milk Turkey & Cheese on Wheat Applesauce	<b>24</b> Yogurt Peach Parfait (MMA) Milk Ground Beef Dirty Rice (WGR) V: Beyond Meat Dirty Rice Vegetable Medley Orange Slices Milk Cheese Slices, Club Crackers Pears	<b>25</b> <div style="text-align: center; font-weight: bold; font-size: 1.2em;">CLOSED</div>	<b>26</b> Whole Grain Pumpkin Donut (WGR) TBA Fruit Milk Turkey & Green Beans (WGR) V: Vegetarian Lasagna Mandarin Oranges Milk Life Cereal Bananas	<b>27</b> Banana Bread (WGR) Fruit Milk Sweet & Sour Chicken w/Rice (WGR) V: Sweet & Sour Tofu w/Veggies & Rice Vegetable Medley Fruit Medley Milk Pirates Booty Cantaloupe
<b>30</b> Whole Bagel (WGR) TBA Fruit Milk Minestrone Soup (WGR) Bananas Milk Apple Butter Turkey Wraps Oranges	<b>31</b> Oatmeal Bar (WGR) Fruit Milk Chicken & Broccoli (WGR) V: Tofu & Broccoli Mandarin Oranges Milk Pita & Hummus Pears			

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