

Breakfast Menu

December 2022

Monday	Tuesday	Wednesday
<p>5</p> <p>Mantecada Muffin(155) Main Fruit Dried Cranberries(155) 2nd Fruit- Apple(78) 1% White Milk(147) Fat Free White Milk(8)</p>	<p>6</p> <p>Yogurt Parfait w/ Blueberries & Honey Grahams(155) 2nd Fruit- Pear(78) 1% White Milk(147) Fat Free White Milk(8)</p>	<p>7</p> <p>Banana Bread(155) Main Fruit 100% Juice(155) 2nd Fruit- Apple(78) 1% White Milk(147) Fat Free White Milk(8)</p>
<p>12</p> <p>Coffee Cake(155) Main Fruit Apple Sauce(155) 2nd Fruit- Orange(78) 1% White Milk(147) Fat Free White Milk(8)</p>	<p>13</p> <p>Apple Jacks w/ Honey Grahams(155) Main Fruit Banana(155) 2nd Fruit- Pear(78) 1% White Milk(147) Fat Free White Milk(8)</p>	<p>14</p> <p>Pan Dulce(155) Main Fruit 100% Juice(155) 2nd Fruit- Apple(78) 1% White Milk(147) Fat Free White Milk(8)</p>
<p>19</p>	<p>20</p>	<p>21</p>
<p>26</p>	<p>27</p>	<p>28</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Thursday

Friday

1

Cinnamon Frosted Flakes
w/ Honey Crackers(155)
Orange(155)
2nd Fruit- Pear(78)
1% White Milk(155)

2

Cinnamon Delight(155)
2nd Fruit- Apple(78)
Plum(155)
1% White Milk(155)

8

Froot Loops w/ Honey
Grahams(155)
Main Fruit Orange(155)
2nd Fruit- Pear(78)
1% White Milk(147)
Fat Free White Milk(8)

9

Blueberry Mini Muffin &
String Cheese(155)
Main Fruit Pear(155)
2nd Fruit- Apple(78)
1% White Milk(147)
Fat Free White Milk(8)

15

Froot Loops w/ Honey
Grahams(155)
Main Fruit Orange(155)
2nd Fruit- Pear(78)
1% White Milk(147)
Fat Free White Milk(8)

16

Cinnamon Roll(155)
Main Fruit Pear(155)
2nd Fruit- Apple(78)
1% White Milk(147)
Fat Free White Milk(8)

22

23

29

30



Lunch Menu

December 2022

Monday

Tuesday

Wednesday



5

Turkey & Cheese
Croissant Sandwich w/
Side of Fries(120)
Pear(120)
1% White Milk(6)
Fat Free Chocolate
Milk(114)

6

Italian Turkey Submarine
w/ Baby Carrots(120)
Baby Carrots(120)
Orange(120)
1% White Milk(6)
Fat Free Chocolate
Milk(114)

7

Turkey Breast Sandwich
w/ Garbanzo Corn
Salad(120)
Cucumber Slices w/
Tajin(120)
Banana(120)
1% White Milk(6)
Fat Free Chocolate
Milk(114)

12

Turkey & Cheese
Croissant Sandwich w/
Side of Fries(120)
Pear(120)
1% White Milk(6)
Fat Free Chocolate
Milk(114)

13

Italian Turkey Submarine
w/ Baby Carrots(120)
Baby Carrots(120)
Craisins(120)
1% White Milk(6)
Fat Free Chocolate
Milk(114)

14

Turkey Breast Sandwich
w/ Garbanzo Corn
Salad(120)
Jicama w/ Tajin(120)
Banana(120)
1% White Milk(6)
Fat Free Chocolate
Milk(114)

19



20



21



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Thursday

Friday

1

2

Turkey Ham & Cheese on Hoagie w/ Baby Carrots(120)
Baby Carrots 2(120)
Apple(120)
Fat Free Chocolate Milk(120)

Buffalo Chicken Salad w/ WG Wheat Crackers(120)
House Salad w/ Italian(120)
100% Fruit Juice (120)
Fat Free Chocolate Milk(120)

8

9

Turkey Ham & Cheese on Hoagie w/ Baby Carrots HS(120)
Baby Carrots 2(120)
Apple(120)
1% White Milk(6)
Fat Free Chocolate Milk(114)

Smoked Turkey & Cheese Sandwich on Knot Roll(120)
Romaine Salad w/ Ranch Dressing(120)
100% Fruit Juice (120)
1% White Milk(6)
Fat Free Chocolate Milk(114)

15

16

Turkey Ham & Cheese on Hoagie w/ Baby Carrots HS(120)
Baby Carrots 2(120)
Apple(120)
1% White Milk(6)
Fat Free Chocolate Milk(114)

Smoked Turkey & Cheese Sandwich on Knot Roll(120)
Lettuce, Tomato, Pickle Kit(120)
100% Fruit Juice (120)
1% White Milk(6)
Fat Free Chocolate Milk(114)

22

23

