

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# Dec

## FEED YOUR CREATIVITY



## Announcements:

Abbreviations:  
 BB=Blueberries, Bfast= Breakfast, B.Rice= Brown Rice, Cnd.= Canned, Crkr= Cracker, Cant.= Cantaloupe, C. Cheese= Cottage Cheese, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto, RB= Raspberries, R=Roasted WG= Whole Grain, WW= Whole Wheat, W.melon=Watermelon  
 WATER IS SERVED AT EVERY MEAL/SNACK

Frz. Fish Sticks HM Fideo Bake 1  
 Frz. Broccoli Normandy  
 FZ. Berries Milk

Breakfast PM Snack  
 WG Cereal Cheez Its  
 Fresh Banana Cnd Pears  
 Milk

HM Stir-Fried Rice w/ Ham B.Rice 8  
 Frz. Carrots Cnd. Peaches  
 Milk

Breakfast PM Snack  
 WG Cereal WG English Muffin  
 Fsh. Banana Tuna salad  
 Milk

Baked Ham Frz. Roll 15  
 Country Mixed Veggies  
 Pumpkin Pudding Milk

Breakfast PM Snack  
 WG Cereal Cheez Its  
 Fsh. Banana Cnd. Applesauce  
 Milk

HM Turkey Pot Pie HM/WW Crst 1  
 Frz. Mixed Veggies Fresh Apples  
 Milk

Breakfast PM Snack  
 HM Banana Sqr. Wheat Thins  
 Cnd. Pears. HM Bean Dip  
 Milk

HM Turkey Pasta Primavera 9  
 WG Pasta Frz. Broccoli  
 Cnd. Pear Milk

Breakfast PM Snack  
 HM Zucchini Sqr. WG Trail Mix  
 Cnd. Pineapples Cottage Cheese  
 Milk

HM Turkey Casserole WG Pasta 16  
 Cnd. Corn Frz. Sweet Peas  
 Milk

Breakfast PM Snack  
 HM Banana Sqr. Wheat Thins  
 Cnd. Pears Cheese Stick  
 Milk

Grilled Cheese Sandwich 3  
 WW Bread Cnd. Tom Soup  
 Roasted Veggies Milk

Breakfast PM Snack  
 Bfast Rice Graham Crackers  
 Cnd. Apricots Milk  
 Milk

HM Cheese Pizza WG E. Muffins 10  
 Fsh Salad Mixed fruit  
 Milk

Breakfast PM Snack  
 WW Toast Frz. Boiled Egg  
 Cnd. Baked Apples Ritz Cracker  
 Milk

HM Chicken Noodle Soup 17  
 WG Pasta Mixed Veggies  
 Cnd. Peaches Milk

Breakfast PM Snack  
 WW Toast EARLY  
 Cnd. Apricots RELEASE  
 Milk

HM Chicken Spaghetti 6  
 Frsh. Kale WW Pasta  
 Frz. Mangos Milk

Breakfast PM Snack  
 Frz. WG Pancakes Club Cracker  
 FZ. Peaches/RB Cheese  
 Milk

WG Chicken Patties WG Bun 13  
 Green Beans Mixed Fruit  
 Milk

Breakfast PM Snack  
 WG Waffles Cottage Cheese  
 Cnd. Peaches Frz. Mixed Fruit  
 Milk

HM Beef Stroganoff WG Pasta 8  
 Cnd.G. Bean Salad Cnd. Apricots  
 Milk

Breakfast PM Snack  
 HM Oatmeal HM Carrot  
 Frz. BB Spice Sqr.  
 Milk Milk

HM Beef Empanadas Pie Crust 14  
 HM Carrot Confetti Salad  
 FZ Berries Milk

Breakfast PM Snack  
 Bfast Rice HM BB Muffin Squares  
 Cnd. Baked Apples Milk  
 Milk

HOLIDAY 20

HOLIDAY 21

HOLIDAY 22

HOLIDAY 23

HOLIDAY 24

HOLIDAY 27

HOLIDAY 28

HOLIDAY 29

HOLIDAY 30

HOLIDAY 31



TEXAS DEPARTMENT OF AGRICULTURE  
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Food and Nutrition Division  
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 www.SquareMeals.org