

DEC

2022

GEAR UP FOR
THEATER



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,
Grd.- Gingered HM=Homemade,
Man.Oranges=Mandarin Oranges,
P.Bean=Pinto, RB= Raspberries,
R=Roasted WG= Whole Grain,
S.Rice Pilaf=Savory Rice Pilaf
T.Fruit= Tropical Fruit
WW= Whole Wheat,
W.melon=Watermelon

WATER IS SERVED AT EVERY
MEAL/SNACK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HM Teriyaki Chicken w/ **5**
Japanese Veggies B. Rice
Cnd. Man. Oranges Milk

Breakfast **PM Snack**
Frz. F.Toast Sticks Yogurt
Frz. Peaches Frz. RB
Milk

HM Beef Vegetable Soup **6**
Frz. Mixed Veggies Rotini Pasta
Frz. Mangos Milk

Breakfast **PM Snack**
WW Chz Toast /WW Carrot
Cnd. Apricots Spice Sqr.
Milk Milk

HM Turkey Ham Pizza **7**
WG E. Muffin HM G. Carrots
Fz. RB Milk

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

HM Turkey Spaghetti Pasta **1**
Fsh. W.melon/Cantaloupe
HM Gingered Carrots
Milk

Breakfast **PM Snack**
HM/WW Zucchini Sqrs. W. Thins
Frz. Mangos Fsh. Boiled Egg
Milk

HM Turkey Pot Pie **8**
HM/WW Crust Frz. Veggies
Fresh Apples Milk

Breakfast **PM Snack**
HM/WW Banana Sqrs. W. Thins
Cnd. Pears. HM Bean Dip
Milk

HM Cheese and Sausage Strata **2**
WW Bread Cnd. Peaches
Frz. Mixed Veggies Milk

Breakfast **PM Snack**
HM Oatmeal Graham Crackers
Frz. BB Milk

Grilled Cheese Sandwich **9**
WW Bread Cnd.Tom Soup
Frz. Squash/Zucchini Milk

Breakfast **PM Snack**
Bfast Ric WG Graham Crackers
Cnd. Apricots Milk

HM Chicken Spaghetti **12**
WW Pasta Frs. Kale
HM Gingered Carrots Milk

Breakfast **PM Snack**
Frz. WG Pancakes Cheez It
FZ. Peaches/RB Cottage Cheese
Milk

HM Beef Stroganoff **13**
E.Noodle Pasta Frz, Greens
Cnd. Apricots Milk

Breakfast **PM Snack**
HM Oatmeal HM/WW Ricotta
Frz. BB Squares
Milk Milk

Baked Ham Frz. Roll **14**
Country Mixed Veggies
Pumpkin Pudding Milk

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

HM Turkey Pasta Primavera **15**
Penne Pasta Frz. Broccoli
Cnd. Pear Milk

Breakfast **PM Snack**
Scr. Eggs Fsh. Boiled Eggs
Frz. Raspberries Wheat Thins
Milk

HM Black Bean Quesadillas **16**
WW Tortilla Frz. Corn
Cnd. Mixed Fruit Milk

Breakfast **PM Snack**
WW Toast Animal Crackers
Cnd. Baked Apples Milk

HM Chicken and Egg Noodle **19**
Soup Frz. Mixed Veggies
Frz. Berries Milk

Breakfast **PM Snack**
WG Waffles Crackers
Cnd. Peaches Cheese Stix
Milk

HM Sloppy Joes WG Buns **20**
Cnd. Peaches Frz. G. Beans
Milk

Breakfast **PM Snack**
Bfast Rice Animal Crackers
Cnd. Baked Apples Milk

HM Mac and Chz w/Ham **21**
Frz. Broccoli Cuts Elbow Pasta
Mixed Fruit Milk

Breakfast **PM Snack**
WG Cereal **EARLY**
Fresh Banana **RELEASE**
Milk

CHRISTMAS
BREAK

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Food and Nutrition Division
Nutrition Assistance Programs



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