


# December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	~ Whole milk is served in compliance with CACFP guidelines for children 12 months-24 months at all meals			<b>1</b> WG Rice Crispy & 1% Milk WG Blueberry Muffin Apple	<b>2</b> Kix & 1% Milk Yogurt Oranges
<b>Lunch</b>	~1% milk is served in compliance with CACFP guidelines for children aged 24 months-12 years of age at all meal			Diced Ham & Pierogies Peas Pears 1% Milk	Scrambled Egg Tater Tots WG Blueberry Muffins Oranges 1% Milk
<b>Snack</b>				WG Rice Cakes & 1% Milk	WG Goldfish & 1% Milk
<b>Breakfast</b>	<b>5</b> WG Cheerios & 1% Milk WG Bread & Apple Butter Oranges	<b>6</b> Life & 1% Milk WG Apple Muffin Apples	<b>7</b> Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	<b>8</b> WG Rice Crispy & 1% Milk WG Blueberry Muffin Apples OR Oranges	<b>9</b> Kix & 1% Milk Yogurt Oranges OR Banana
<b>Lunch</b>	Turkey & WG stuffing & gravy Mashed Potatoes Peaches 1% Milk	WG Spaghetti w/Meat Sauce Green Beans Applesauce 1% Milk	Hot Ham & Cheese on WG Bread Tomato Soup & Pickles 1% Milk	Kielbasa & Red Potatoes Peaches WG Roll 1% Milk	Pizza w/WG Crust Fresh Broccoli & French Dressing Bananas 1% Milk <b>½ Kids Club</b>
<b>Snack</b>	WG Tortilla Chip & Salsa & 1% Milk	Animal Crackers & 1% Milk	Graham Crackers & 1% Milk	Celery w/SB & 1% Milk	Blueberry Crisp
<b>Breakfast</b>	<b>12</b> WG Cheerios & 1% Milk WG Bread & Apple Butter Banana	<b>13</b> Life & 1% Milk WG Apple Muffin Oranges	<b>14</b> Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	<b>15</b> WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	<b>16</b> Kix & 1% Milk Yogurt Apple
<b>Lunch</b>	Tuna WG Noodle Casserole Peas Pear 1% Milk	Three Bean Vegetarian Chili WG Corn Muffin Mangos 1% Milk	Broccoli Cheese Soup Turkey & Cheese WG wrap Apple slices 1% Milk	BBQ Pork Mashed Potatoes Fruit Cocktail WG Dinner Roll 1% Milk	Egg & cheese Sand. on WG Bread Sweet Potato Fries Oranges 1% Milk
<b>Snack</b>	WG Pretzels & 1% Milk	WG Goldfish & 1% Milk	Yogurt & Granola & 1% Milk	Rice Cakes & 1% Milk	Cheese & WG Crackers
<b>Breakfast</b>	<b>19</b> WG Cheerios & 1% Milk WG Bread & Apple Butter Apples	<b>20</b> Life & 1% Milk WG Apple Muffin Orange	<b>21</b> Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	<b>22</b> WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	<b>23</b> Kix & 1% Milk Yogurt Oranges
<b>Lunch</b>	Crab Alfredo with WG Noodles Broccoli Peaches 1% Milk	Taco Meat, Black Bean & cheese Salad w/WG Tortilla Chips Corn w /Salsa Mangos 1% Milk	Vegetable Soup Cheese Stick & Apples WG Crackers 1% Milk	Teriyaki Meatballs on WG Rice California Blend Pineapple 1% Milk <b>½ Kids Club</b>	Pizza w/WG Crust Celery & French Dressing Bananas 1% Milk <b>All Day Kids Club</b>
<b>Snack</b>	Apples & Cheese	Pretzels & 1% Milk	Graham Crackers & 1% Milk	WG Tortilla Chip & Salsa & 1% Milk	WG Oatmeal and SB Balls & 1% Milk
<b>Breakfast</b>	<b>26</b>	<b>27</b> Life & 1% Milk WG Apple Muffin Banana OR Apples	<b>28</b> Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	<b>29</b> WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	<b>30</b> Kix & 1% Milk Yogurt Apple
<b>Lunch</b>		Ham, Green Beans & Potatoes WG Dinner Roll Applesauce 1% Milk	Chicken Noodle Soup SB& Jelly Sandwich WG Bread Carrots & Apples 1% Milk	Mac & Cheese WG Pasta Broccoli Fruit Cocktail 1% Milk	WG French Toast Bake Fried Potatoes & onions Oranges 1% Milk
<b>Snack</b>		Rice Cakes & 1% Milk	Cheese Stick & WG Crackers	Cereal & 1% Milk	WG Trail Mix & 1% Milk

All grain products have been selected by the CACFP nutrition standards to meet the whole grain requirement. Key Abbreviations: SB – Sun Butter, WG – Whole Grain