

LANA	Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Potatoes	30 th B: Cereal, bananas, milk L: Roast chicken breast, sweet potato hash, Brussel sprouts, apples, milk S: Apple bars, raisins, milk	1 st B: French toast, pears, milk L: Meatloaf, mashed sweet potatoes, peas, cantaloupe, milk S: Cottage cheese, apples, milk	2 nd B: Scrambled eggs & sausage, oranges, milk L: Chicken and veggie stir fry, tempura sweet potatoes, pineapple, milk S: Fruit smoothies, apples, milk	3 rd B: Blueberry pancakes, fruit salad, milk L: Spaghetti & marinara sauce, cauliflower w/ parmesan, garlic bread, grapes, milk S: String cheese, mixed dried fruit, milk	4 th B: Apple muffins, oranges, milk L: Beef sliders, baked beans, sweet potato chips, corn, milk S: Apple pretzels and caramel, milk
Cranberries	7 th B: Cereal, bananas, milk L: Chicken salad w. dried cranberries and apples on multigrain bread, veggie slaw, chips, milk S: Cheese & crackers, oranges, milk	8 th B: Crepes with maple blueberry sauce, pears, milk L: Grilled cheese w/ tomato basil soup, peaches, veggie chips, milk S: Apples, string cheese, cran-apple juice	9 th B: Yogurt, Granola w. dried cranberries, fruit salad, milk L: Fettuccini alfredo, garden salad, cauliflower w/ parmesan, apples, milk S: apple crisp, milk	10 th B: Pumpkin cranberry muffins, apples, milk L: Chicken fried rice, cucumber salad, pineapple, milk S: banana orange smoothies, pretzels, milk	11 th B: Veggie and cheese egg bake, peaches, milk L: Roasted turkey breast, lemon cranberry sauce, potatoes, broccoli, milk S: Choc. Chip cookies, apples, milk
Chick peas	14 th B:Cereal, bananas, milk L: Baked ham, apple sauce, sweet sauce, sweet potatoes, peas, milk S: Veggies and pita w/ hummus, milk	15 th B: Cinnamon French toast, peaches, milk L: Falafel with yogurt cucumber sauce, Chicke peas, cous cous, pickled veggies, milk S: Trail mix, string cheese, milk	16 th B: Mini bagels w/ cream cheese, fruit salad, milk L: 3 bean soup w/ ham and chick peas, crusty bread, garden salad, fruit salad, milk S: Zucchini bread, dried fruit, milk	17 th B: Bacon, egg, cheese sandwiches, berries, milk L: Chicken Caesar salad w/ fried chick peas, bread sticks, pineapple, milk S: Vanilla yogurt, berries & flax, milk	18 th B: Chick pea pancakes, berry compote, apples, milk L: Cheese pizza, garden salad, pineapple, milk S: Popcorn, oranges, milk
Grapefruit	21 st B:Cereal, bananas, milk L: Chicken fried chicken, biscuits, broccoli, oranges, milk S: Zucchini bread w/ choc. Chips, milk	22 nd B: Multigrain pancakes, apples, milk L: Spaghetti meat sauce, glazed carrots, Caesar salad, milk S: Trail mix, string cheese, milk	23 rd B: Cinnamon raisin oatmeal, pears, milk L: Ham and cheese subs, chips, fruit salad, potato salad, milk S: Muffins, pineapple grapefruit juice	24 th SSEL CLOSED	25 th SSEL CLOSED
Black beans	28 th B: cereal, bananas, milk L: Black bean and corn turkey chili, corn bread, grilled pineapple, milk S: Apples, pretzels, caramel, milk	29 th B: Blueberry bread, pears, milk L: Tortilla soup w/ black beans & chicken, Spanish rice, corn, oranges, milk S: Yogurt & berries w/ granola, milk	30 th B: Eggs and turkey sausage, fruit salad, milk L: Cheese ravioli, cheese bread, broccoli, pineapple, milk S: Black bean brownies, vanilla ice cream, milk	31 st B: Blueberry pancakes, apples, milk L: Beef tacos w/ black bean salsa, refried beans, fruit salad, milk S: Trail mix, string cheese, milk	1 st SSEL CLOSED

December Menu