

LANA



Sweet Potatoes

Cranberries

Chick peas

Grapefruit

Black Beans

DECEMBER MENU



		Tuesday, 1st	Wednesday, 2nd	Thursday, 3rd	Friday, 4th
		French Toast, Pears, Milk	Bagels with Sweet Potato Cream Cheese, Milk/Juice	Scrambled Eggs and Mini Fruit Muffins, Milk	Cereal, Peaches, Milk
Breakfast		Spaghetti with Meat Sauce, Pineapple, Mixed Veggies, Milk	Grilled Turkey and Cheese Sandwiches, Apples, Carrots, Milk	Tator Tot Hotdish, Wheat Bread, Oranges, Green Beans, Milk	Chef's Choice of Soup, Crackers, Mandarin Oranges, Peas, Milk
Lunch		Sweet Potato Smoothies, Milk	Veggies and Dip, Milk	Sweet Potato Cookies, Milk	Sweet Potato Muffins, Milk
Snack					
	Monday, 7th	Tuesday, 8th	Wednesday, 9th	Thursday, 10th	Friday, 11th
	Cranberry Oatmeal, Milk	Cranberry Orange Muffins, Milk	Waffles, Peaches, Milk	Cinnamon Coffee Cake, Milk/Juice	Cereal, Bananas, Milk
Breakfast	Macaroni and Cheese, Pineapple, Mixed Veggies, Milk	Mashed Potatoes with Hamburger Gravy, Pears, Peas, Milk	Chicken Tenders, Mandarin Oranges, Corn, Milk	Tomato Bisque Soup, Crackers, Mixed Fruit, Green Beans, Milk	Pancakes and Turkey Sausage, Applesauce, Carrots, Milk
Lunch	Sliced Oranges and Apples, Milk	Animal Crackers, Milk	Apple Crisp with Cranberry Sauce, Milk	Graham Crackers with Cranberry Spread, Milk	Trail Mix with Dried Cranberries, Milk
Snack					
	Monday, 14th	Tuesday, 15th	Wednesday, 16th	Thursday, 17th	Friday, 18th
	Cream of Wheat, Peaches, Milk	Pancakes, Bananas, Milk	Cinnamon Apple Muffins, Milk/Juice	Bagels with Cream Cheese, Milk/Juice	Cereal, Oranges, Milk
Breakfast	Tacos with Cheese, Mixed Fruit, Chick peas and Corn, Milk	Chicken Chow Mein with Mixed Veggies, Apples, Milk	Swedish Meatballs over Rice, Pears, Seasoned Chick Peas, Milk	Pigs in a Blanket, Applesauce, Peas, Milk	Italian Dunkers with Sauce, Bananas, Green Beans, Milk
Lunch	Yogurt and Granola, Milk	Soft Pretzels with Cheese, Milk	Mini Pretzels with Herb Hummus, Milk	Butter Cookies, Milk	Veggies and Hummus, Milk
Snack					
	Monday, 21st	Tuesday, 22nd	Wednesday, 23rd	Thursday, 24th	Friday, 25th
	Cereal, Pineapple, Milk	Cream of Wheat, Grapefruit, Milk	Chocolate Chip Pumpkin Pancakes, Milk/Juice	Stepping Stones Closed	Stepping Stones Closed
Breakfast	Beef Stroganoff, Apples and Grapefruit, Carrots, Milk	Sloppy Joes, Peaches, Corn, Milk	Cheese Pizza, Bananas, Broccoli, Milk		
Lunch	Granola Bars, Milk	String Cheese and Crackers, Milk	Oranges and Grapefruit, Milk		
Snack					
	Monday, 28th	Tuesday, 29th	Wednesday, 30th	Thursday, 31st	Friday, 1st
	Cereal, Bananas, Milk	Oatmeal, Mandarin Oranges, Milk	Yogurt with Granola, Milk/Juice	Cheesy Egg Burritos with Black Beans, Milk/Juice	Stepping Stones Closed
Breakfast	Turkey & Cheese Wraps with Black Bean Spread, Pears, Peas, Milk	Meatloaf, Mashed Potatoes, Apples, Mixed Veggies, Milk	Chicken Quesadillas with Black Bean Salsa, Oranges, Corn, Milk	Chicken Dumpling Soup with Veggies, Peaches, Breadstick, Milk	
Lunch	Chocolate Pudding and Graham Crackers, Milk	Black Bean Hummus and Pretzels, Milk	Chocolate Chip Zucchini Bread, Milk		
Snack					

