



December 2024 "Hot" Menu



	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
	2	3	4	5	6
Breakfast	Kix* (WG), Mixed Fruit*, Milk	Philly Roll (WG), Apple Sauce*, Milk	Trix (WG)*, Pears*, Milk	Pancakes, Peaches*, Milk	Rice Krispies*, Pineapple*, Milk
Lunch/ Dinner	Sunbutter & Jelly Sandwiches (WG), Corn*, Pears*, Milk	Chicken Patty, Bun (WG), , Carrots*, Fresh Apples, Milk	Hot Dog, Bun (WG), Beans, Green Beans*, Pineapple*, Milk	Mac & Cheese, Italian Mixed Veggies, Cantaloupe Chunks, Milk	Sliders & Bun (WG), Fries, Mixed Fruit*, Milk
Snack	Mini Snackers*, Apple Sauce*	Cheddar Chex Mix*, Grape Juice*	Muffins, Milk*	Tiger Bites* (WG), Apple Juice*	String Cheese, Cherry Tomatoes
	9	10	11	12	13
Breakfast	French Toast (WG), Apple Sauce*, Milk	Honey Scooters* (WG), Pears*, Milk	Bagels & Cream Cheese (WG), Honey Dew Chunks, Milk	Cheerios* (WG), Pineapple*, Milk	Eggo Pancakes, Mixed Fruit*, Milk
Lunch/ Dinner	Penne & Blush, Snap Peas, Nectarines, Milk	Veggie Burger, Cheese, Bun (WG), Fries, Apple Sauce*, Milk	Chicken Salad, Croissant, Baby Carrots, Mixed Fruit*, Milk	Fish Sticks, Rice, Green Beans*, Fresh Pears, Milk	Pizza Bagel, Cheese, Sweet Potato Fries, Apple Sauce*, Milk
Snack	Maple Bites*, Milk*	Salsa, Tortilla Chips (WG)	Chat Snax*, Apple Juice*	Snack n Loaves, Milk*	Corn Chips*(WG), Pineapple Juice
	16	17	18	19	20
Breakfast	Coco Puffs*(WG), Peaches*, Milk	Froot Loop Waffles, Mixed Fruit*, Milk	Cheerios*(WG), Orange Wedges, Milk	Corn Flakes* (WG), Pears*, Milk	Kix*(WG), Pineapple Chunks, Milk
Lunch/ Dinner	Spaghetti & Meatballs, Green Beans*, Clementines, Milk	Sliders & Bun (WG), Corn*, Apple Wedges, Milk	Zitti, Broccoli, Peaches*, Milk	Hot Dog, Bun (WG), Beans, Fresh Peppers, Mixed Fruit*, Milk	Tuna Salad, Dinner Roll, Green Beans*, Peaches*, Milk
Snack	Mini Snackers*, Apple Juice*	Animal Crackers*, Chickpea Dip	Tiger Bites*, Milk*	Yogurt, Granola	Apple Sauce*, Chat Snax*
	23	24	CBS Closed 25	26	27
Breakfast	Bagels & MS Sausage, Cheese Fresh Peaches, Milk	Philly Roll (WG), Apple Wedges, Milk	Happy Holidays	Honey Scooters*, Pears*, Milk	French Toast, Apple Sauce*, Milk
Lunch/ Dinner	Lasagna, Snap Peas, Pears*, Milk	Morning Star Chicken Nuggets, Rice, Green Beans*, Pineapple Chunks, Milk		Chicken Patty, Bun, Sweet Potato Fries, Mixed Fruit*, Milk	Egg Salad Sandwiches (WG), Corn*, Clementines, Milk
Snack	Graham Crackers*(WG), Milk*	Cheez Its*, Grape Juice*		Muffins (WG), Milk*	Peaches*, Pretzels*
	30	31	If open on 25th		
Breakfast	Trix*, Mandarin Oranges*, Milk	Rice Krispies*, Bananas, Milk	Choice of Cereal*, Choice of Fruit*, Milk		
Lunch/ Dinner	Mac & Cheese, Nectarines, GreenBeans*, Milk	Pizza Bagel, Cheese, Corn*, Mixed Fruit*, Milk	Sunbutter & Jelly Sandwiches (WG), Peaches*, Carrots*, Milk		
Snack	Corn Chips*(WG), Grape Juice*	Cheddar Chex Mix* (WG) Apple Juice*	Choice of Snack*, Choice of Juice* or Fruit*		

Please record all "choices" for the 25th on the Substitution Ledger

**Supplied by Bulk/Supply deliveries. Please fill out online order form 2 weeks before supplies or paper products are needed.*

All Breakfasts and Lunches served with 1% milk for children age 3 and older and Whole milk for children age 1-2 years.



MEAL PATTERNS



Breakfast

Serve Milk, Grains*, Vegetables or Fruit				
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq
<i>*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per</i>				

Lunch/Supper

Serve all 5 components				
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq
<i>* A serving of milk is not required at supper meals for adults - * oz eq = ounce equivalents</i>				

Snack

Serve 2 of the 5 components				
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	1/2 cup - 1% milk	1 cup - 1 % milk	1 cup -1 % milk
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	1 serving 1 oz eq
<i>*oz eq = ounce equivalents</i>				