

# December & January Menu

*\*Months with a "fifth" week will repeat week 1 menu*

## WEEKS 1 and 3

## WEEKS 2 and 4

	Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break-fast</b>	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	<b>Break-fast</b>	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk
<b>A.M. Snack</b>	Apples	Oatmeal w/ Fruit	Waffles	Banana	Apples	<b>A.M. Snack</b>	Apples	Oatmeal w/ Fruit	Waffles	Banana	Apples
<b>Lunch</b> (Served w/Milk)	Chicken Alfredo Pasta, Peas, & Carrots & Pineapple	Grilled Cheese Sandwich, Fries, & Peaches	Mexican Rice, Beans, Corn, & Oranges	Cheese Pizza & Jello	Chicken Noodle Soup w/ Veggies, Crackers, & Grapes	<b>Lunch</b> (Served w/Milk)	Chicken Penne Pasta w/ Creamy Tomato Sauce, Peas, Carrots, & Pineapple	Grilled Cheese Sandwich, Fries, & Peaches	Chili w Cheese & Rice, Oranges	Cheese Pizza & Jello	Chicken Noodle Soup w/ Veggies, Crackers, & Grapes
<b>2:30 p.m. snack</b>	Cream Cheese & Jelly Sandwich & Milk	Ritz Crackers, Hummus & Milk	Pound Cake & Milk	Tea Biscuit & Milk	Pancakes & Milk	<b>2:30 p.m. snack</b>	Cream Cheese & Jelly Sandwich & Milk	Ritz Crackers, Hummus & Milk	Pound Cake & Milk	Tea Biscuit & Milk	Pancakes & Milk
<b>5 p.m. snack</b>	Goldfish	Animal Crackers	Trail Mix	Veggie Straws	Pretzels	<b>5 p.m. snack</b>	Goldfish	Animal Crackers	Trail Mix	Veggie Straws	Pretzels

NOTE: OUR MONTHLY MENU WILL BE SENT TO YOU VIA EMAIL. YOU WILL ALSO FIND IT ON THE SCHOOL'S BULLETIN BOARD.

AN ALTERNATIVE OPTION FOR VEGETARIANS IS A GRILLED CHEESE SANDWICH OR THE DISH OF THE DAY WITHOUT MEAT. CHILDREN ARE OFFERED WATER TO DRINK THROUGH OUT THE DAY , W/ LUNCH & ALL SNACKS.