



# December 2021 Menu

Menu subject to change

\*Snack indicated is served after 3:30pm for students in After School. All students also have fresh fruit and vegetables offered throughout the day.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Week 1- Nov.29-Dec3</b> Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b> Grab and Go</p> <p><b>Lunch:</b>Cheesy Baked veggie penne,ww garlic bread <b>*Snack:</b>W.G pretzels fruit</p>	<p><b>Breakfast:</b>Breakfast Pizza WG cereal</p> <p><b>Lunch:</b> Homemade Chicken pot pie, cornbread <b>*Snack:</b>W.G.cracker,fruit</p>	<p><b>Breakfast:</b> W.G.Waffles Syrup,turkey bacon WG cereal</p> <p><b>Lunch:</b>Meatballs and gravy,mashed potatoes Roast squash <b>*Snack:</b>Granola bar,fruit</p>	<p><b>Breakfast:</b>Eggs,hash Brown WG muffin WG cereal</p> <p><b>Lunch:</b> Roast turkey,yellow rice ,red beans,plantains <b>*Snack:</b>WGgoldfish,fruit</p>	<p><b>Breakfast:</b>Breakfast sandwich on WG bun WG cereal</p> <p><b>Lunch:</b> W.W.pizza Roast cauliflower, fiesta corn salad <b>*Snack:</b>WG cookie,fruit</p>
<p><b>Week 2- Dec.6-10</b> Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b> Grab and go</p> <p><b>Lunch:</b> Mac and Cheese Garlic broccoli, squash Corn bread <b>*Snack:</b>WG cookie,fruit</p>	<p><b>Breakfast:</b>WG french toast turkey sausage WG cereal</p> <p><b>Lunch:</b> Lemon garlic Chicken,sweet potatoes, Cilantro brown rice <b>*Snack:</b>Cheese stick fruit</p>	<p><b>Breakfast:</b>WG Waffles 1oz syrup,turkey bacon WG cereal</p> <p><b>Lunch:</b> Burritos with rice beans, beef Garlic tostones,salsa,sour cream <b>*Snack:</b>granola bar,fruit</p>	<p><b>Breakfast:</b>Hard boiled egg w.w.muffin,hash brown WG cereal</p> <p><b>Lunch:</b>Turkey meatloaf green beans,parsnips 2 oz roll <b>*Snack:</b>smart pop,fruit</p>	<p><b>Breakfast:</b>W.W.Bagel Cream cheese,egg WG cereal</p> <p><b>Lunch:</b>Tacos!! Black beans brown rice sweet plantains <b>*Snack:</b>yogurt,fruit</p>
<p><b>Week 3- Dec.13-17</b> Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b> Grab and go</p> <p><b>Lunch:</b>Vegetable Alfredo Garlic spinach w.w.roll <b>Snack:</b>WG chips,fruit</p>	<p><b>Breakfast:</b>Egg,sausage Cheese on WG muffin WG cereal</p> <p><b>Lunch:</b>B.B.Q Chicken,stewed pinto beans jasmine rice <b>Snack:</b>WG pretzels,fruit</p>	<p><b>Breakfast:</b> WG Waffles 1oz syrup,turkey bacon WG cereal</p> <p><b>Lunch:</b> Chinese beef and broccoli,sweet pickled cucumbers <b>Snack:</b>WG cracker,fruit</p>	<p><b>Breakfast:</b>Eggs,WG toast,home fries WG cereal</p> <p><b>Lunch:</b>Turkey and corn enchiladas,black beans Corn bread <b>Snack:</b>WGgoldfish,fruit</p>	<p><b>Breakfast:</b>WG pancakes 1oz syrup,turkey sausage WG cereal</p> <p><b>Lunch:</b>Corn dogs, sweet potatoes fries,baked beans <b>Snack:</b>Smart pop,fruit</p>
<p><b>Week 4- Dec 20-24</b> Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b>Grab and Go</p> <p><b>Lunch:</b>Cheese Tortellini, Green peas garlic bread <b>*Snack:</b>Veggie straws fruit</p>	<p><b>Breakfast:</b>Omelet Turkey sausage,toast WG cereal</p> <p><b>Lunch:</b>Chicken and Waffles Blackeyed peas,yams <b>*Snack:</b> WGPretzels,Fruit</p>	<p><b>Breakfast:</b>WG Waffles 1oz syrup turkey bacon WG cereal</p> <p><b>Lunch:</b>W.W.spaghetti with meat sauce,roast cauliflower <b>*Snack:</b>WG bar,fruit</p>	<p><b>Breakfast:</b>Egg ,hash brown, w.w.muffin WG cereal CHRISTMAS LUNCH: <b>Lunch:</b> Sliced beef with gravy,orange glazed carrots,scalloped potatoes green beans 2oz roll <b>*Snack:</b>WG cracker, fruit</p>	<p><b>Breakfast:</b> WG cereal</p> <p><b>Lunch:</b></p> <p><b>Snack:</b>smart pop,fruit</p>