

Breakfast Menu

december 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cranberry Oatmeal Round Frosted Flakes w/ Chocolate Grahams Apple Sauce Pear 1% White Milk Fat Free White Milk	2 Chicken Sausage, Pancake & Syrup Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	3 Pan Dulce Apple Jacks w/ Granola Craisins Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk
6 Blueberry Muffin Flat Cereal w/ Honey Grahams Whole Fruit Plum 1% White Milk Fat Free White Milk	7 Bean & Cheese Burrito w/ Hot Sauce Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit (Plum) 1% White Milk Fat Free White Milk	8 Mantecada Sweet Bread Frosted Flakes w/ Chocolate Grahams Apple Sauce Whole Fruit (Seasonal-Winter) 1% White Milk Fat Free White Milk	9 Egg & Cheese Sandwich Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	10 Mini Soybutter & Jelly Sandwich Apple Jacks w/ Granola Craisins Whole Fruit (Plum) 1% White Milk Fat Free White Milk
13	14	15	16	17

Coffee Cake
 Cereal w/ Honey
 Grahams
 Whole Fruit
 Plum
 1% White Milk
 Fat Free White Milk

Mini Banana Pancakes
 Apple Jacks w/ Cinnamon
 Grahams
 Orange
 Whole Fruit (Plum)
 1% White Milk
 Fat Free White Milk

Yogurt Parfait w/
 Strawberries & Granola
 Frosted Flakes w/
 Chocolate Grahams &
 Fruit
 Apple Sauce
 1% White Milk
 Fat Free White Milk

Froot Loops w/ Cinnamon
 Grahams
 Apple Empanada
 Whole Fruit
 100% Fruit Juice
 1% White Milk
 Fat Free White Milk

Apple Jacks w/ Granola
 Blueberry Muffin
 Craisins
 Whole Fruit (Plum)
 1% White Milk
 Fat Free White Milk

20

21

22

23

24

Pan Dulce
 Cereal w/ Honey
 Grahams
 Whole Fruit
 Plum
 1% White Milk
 Fat Free White Milk

Coffee Cake
 Apple Jacks w/ Cinnamon
 Grahams
 Orange
 Whole Fruit (Plum)
 1% White Milk
 Fat Free White Milk

Frosted Flakes w/
 Chocolate Grahams
 Apple Sauce
 Whole Fruit (Seasonal-
 Winter)
 1% White Milk
 Fat Free White Milk

27

28

29

30

31

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Saturday

Sunday

4

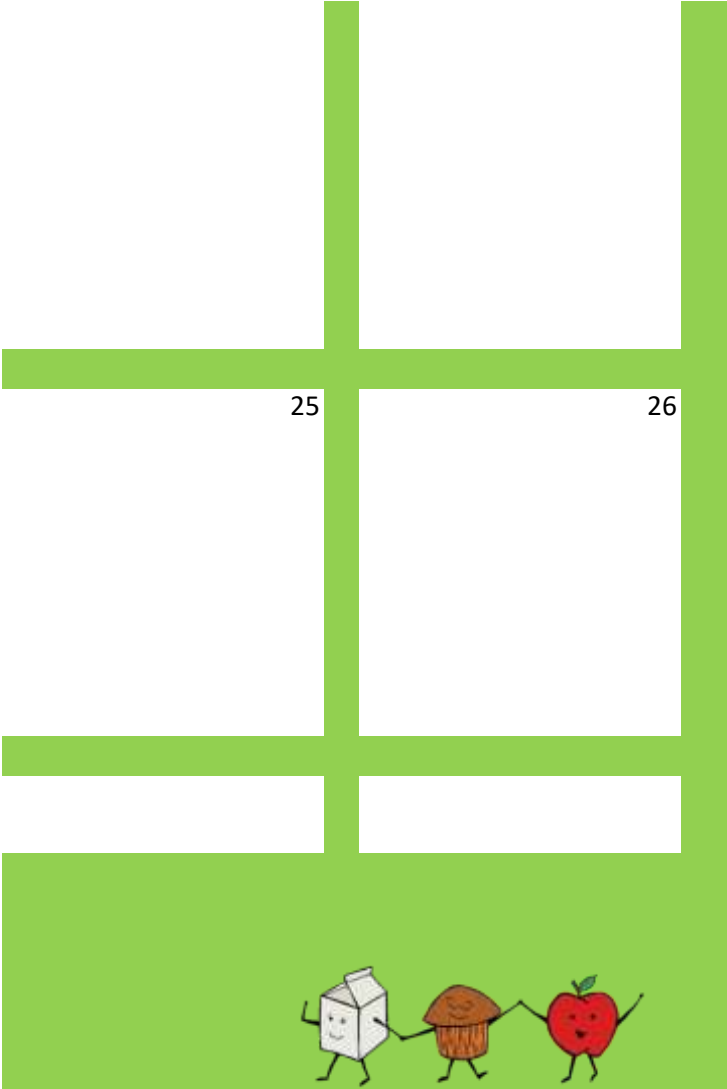
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18

19



25

26



Lunch Menu

december 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Chicken Alfredo Pasta w/ WG Sugar Cookie Chicken Tamale w/ Mixed Vegetables Chicken Salad Sandwich w/ Celery Sticks HS Mexican Chicken Salad w/ Tortilla Chips Plant-Based Chicken Alfredo Pasta w/ WG Sugar Cookie Soybutter & Jelly Sandwich w/ Celery Sticks HS Baby Carrots 2 Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	BBQ Meatballs w/ Seasoned Potato Wedges & Popped Chips Cheese Lasagna w/ Popped Chips Turkey & Cheese Sandwich on Hawaiian Roll w/ Fruitable Juice Buffalo Chicken Salad w/ Wheat Crackers BBQ Plant-Based Chicken Tenders w/ Potato Wedges & Popped Chips Double Cheese Sandwich w/ Fruitable Juice Hummus Cup Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Chicken Enchiladas w/ Red Sauce Beef, Bean & Cheese Burrito w/ Hot Sauce Soybutter & Jelly Sandwich 2 Chicken Taco Salad w/ Tortilla Chips Cheese Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Apple 1% White Milk Fat Free White Milk Fat Free Chocolate Milk		
		6	7	8	9	10
		7	8	9	10	11
		12	13	14	15	16
		17	18	19	20	21
		26	27	28	29	30
		31				

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