


DAYCARE ALLERGENS
BREAKFAST & LUNCH- DECEMBER MENU

Dairy/Milk [M] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	3 Cereal and Milk	4 1 WG Pancake [M][G][S][C] / Applesauce Topping 1 oz ½ c Pineapple ¾ c Milk [M]	5 1 Hardboiled Egg [E] 1 WG Biscuit [M][G][S] w PC Jelly [C] ½ c Honeydew ¾ c Milk [M]	6 Cereal and Milk	7 ¼ c Scrambled Eggs [M][E][S] 1 WG Biscuit [M][G][S] ½ c Apricots . ¾ c Milk [M]
	L U N C H	2 oz Oven Fried Chicken Leg [G][S] 1 WG Wheat Roll [G][S][C] (1 oz) ¼ c Glazed Carrots [M][CN][S] ¼ c Apple Slices (2-3) ¾ c Milk [M]	2 oz CN Hamburger Patty [S][C] 1 WG Bun (1.8 oz) [G][S] ½ c Spinach Salad w Ranch [M][E][G] ¼ c Cantaloupe ¾ c Milk [M]	Make Your Own Joe ½ c Bean Sloppy Joe (2 oz meat alternate) #8 [M][C] 1 WG Bun (1.8 oz) [G][S] ¼ c Cole Slaw [E][S][C] 2 Orange Wedges ¾ c Milk [M]	3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S][C] ¼ c Pears ¾ c Milk [M]
B R E A K F A S T	10 Cereal and Milk	11 ¼ c WG Oatmeal (0.7 oz) ½ c Peaches ¾ c Milk [M]	12 ½ WG Bagel [G][S][C] w Cream Cheese [M] ½ c Pears ¾ c Milk [M]	13 Cereal and Milk	14 ¼ c Scrambled Eggs [M][E][S] 1 WG Biscuit [M][G][S] (1 oz) ½ c Melon Salad ¾ c Milk [M]
	L U N C H	3 Meatballs(1.5 oz) [M][T][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [M] ¼ c Baby Carrots w Veggie Dip [M][E][S] ½ Apple ¾ c Milk [M]	Mediterranean Cold Lunches ¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) [G][S][M][E] 1 Tbsp Hummus ¼ c Petite Broccoli w Italian [S][C] ¼ c Tropical Fruit Salad ¾ c Milk [M]	½ c Beef & Bean Chili [T][C] 2 oz <i>meat/meat alternate</i> 1 oz Cornbread [M][E][G][S][C] ½ c Romaine with Ranch [M][E][G] 2 Orange Wedges ¾ c Milk [M]	3 oz WG Fish Fillet [M][G][C][F] (1.5 oz MMA) ¼ c Bolivian Rice (½ oz Grain) [M] ¼ c Spinach Salad w Italian [S][C] ¼ c Honeydew ¾ c Milk [M]
B R E A K F A S T	17 Cereal and Milk	18 2 French Toast Bites [M][E][G][S][C] (1.02 oz) ½ c Cantaloupe ¾ c Milk [M]	19 2 oz Yogurt [M] 1 Blueberry Mini Muffin 1 oz [E][G][S][C] ½ c Tropical Fruit Salad ¾ c Milk [M]	20 Cereal and Milk	21 1 Cheese Omelet [M][E][S][C] 1 WG Biscuit 1 oz [M][G][S] ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M]
	L U N C H	Italian 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][M][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [M]	½ c Beef & Macaroni Pasta Bake #8 [G][T] • 2 oz beef, ¼ c WG noodles (1.3 oz) ¼ c Broccoli w Ranch [M][E][G] ¼ c Pineapple ¾ c Milk [M]	2 oz Oven Fried Chicken Leg [G][S] 1 oz WG Corn Muffin [E][G][S][C] ¼ c Cole Slaw [E][S][C] ¼ c Honeydew EHS Diced ¾ c Milk [M]	Make Your Own Taco ¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [M] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G][S] ½ c Shredded Romaine PC Salsa [T] ½ Banana ¾ c Milk [M]

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Cereal and Milk 24	<p>Merry Christmas</p> 	1 WG Stuffed Mini Bagel [D] [G] [S] [C] 26 ½ c Pineapple ¾ c Milk [D]	Cereal and Milk 27	1 Egg Biscuit [D] [E] [G] [S] 28 <i>(1 oz WG Biscuit/1oz Egg Patty)</i> ½ c Pears ¾ c Milk [D]
	<p style="text-align: center;"><u>Make Your Own Wrap</u></p> 1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Cheddar Cheese [D] 1 WG Flour Tortilla (1 oz) [G] [S] ½ c Spinach Salad w Italian [S] [C] ¼ c Pears ¾ c Milk [D]		<p style="text-align: center;"><u>Asian</u></p> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 [G] [S] ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch [D] [E] [G] ¼ c Mandarin Oranges ¾ c Milk [D]	<p style="text-align: center;"><u>Make Your Own Pizza</u></p> ½ WW English Muffin [D] [G] [S] 1 oz 2 TBSP Shredded Mozzarella Cheese [D] 1 oz String Cheese [D] ¼ c Tomato Sauce [T] (Hot) ½ c Spinach Salad w Italian [S] [C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]	
L U N C H			2 oz Meatloaf [D] [G] [T] [S] [C] 1 WG Corn Muffin (1 oz) [E] [G] [S] [C] ¼ c Cheesy Mashed Potatoes [D] ¼ c Honeydew EHS Diced ¾ c Milk [D]		
B R E A K F A S T	Cereal and Milk 31				
L U N C H	2 oz Oven Baked Chicken Leg [G] [S] 1 WG Wheat Roll [G] [S] [C] (1 oz) ¼ c Glazed Carrots [D] [CN] [S] ¼ c Apple Slices (2-3) ¾ c Milk [D]				