

December

BREAKFAST

Unitized

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Blueberry Bagel Burst and Cream Cheese with Fruit (V) Lemon Muffin with Fruit (V)	2 Cinnamon Crumble with Fruit (V) Yogurt and Educational Snacks with Fruit (V)	3 Yogurt with Giant Cinnamon Grahams with Fruit (V) Plain Bagel and Cream Cheese with Fruit (V)
6 Banana Muffin with Fruit (V) Cinnamon Chex Cereal and Educational Snacks with Fruit (V)	7 Blueberry Muffin with Fruit (V) Cheerios and String Cheese with Fruit (V)	8 Blueberry Bagel Burst and Cream Cheese with Fruit (V) Cinnamon Crumble with Fruit (V)	9 Cinnamon Crisp Zee Zee Bar with Fruit (V) Cheerios and String Cheese with Fruit (V)	10 Corn Chex and String Cheese with Fruit (V) French Toast Muffin with Fruit (V)
13 Yogurt with Educational Snacks with Fruit (V) Corn Chex and String Cheese with Fruit (V)	14 Banana Muffin with Fruit (V) Cheerios and Cinnamon Grahams with Fruit (V)	15 Plain Bagel and Cream Cheese with Fruit (V) Cinnamon Crumble with Fruit (V)	16 Lemon Muffin with Fruit (V) Cinnamon Chex Cereal with Educational Snacks with Fruit (V)	17 Cheerios and String Cheese with Fruit (V) Yogurt with Educational Snacks with Fruit (V)
20 Yogurt with Giant Cinnamon Grahams with Fruit (V) Corn Chex and Educational Snacks with Fruit (V)	21 Banana Muffin with Fruit (V) Cinnamon Zee Zee Bar with Fruit (V)	22 Plain Bagel with Cream Cheese with Fruit (V) Cheerios and String Cheese with Fruit (V)	23 Lemon Muffin with Fruit (V) Cinnamon Chex Cereal with Educational Snacks with Fruit (V)	24
27	28	29	30	31

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[surveymonkey.com/r/meals-survey](https://www.surveymonkey.com/r/meals-survey)



revolution foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)
Vegetarian (V)

December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>BBQ Korean Beef with Carrot Rice and Broccoli(DF)</p> <p>Chicken Enchilada with Rice and Broccoli</p> <p>Southwest Veggie Wrap with Lettuce and Tomato(V)</p> <p>Veggie Chef Salad(V)</p> <p><i>Served with Fruit</i></p>	<p>2</p> <p>Mac and Cheese with Peas(V)</p> <p>Breakfast for Lunch (Pancakes/Omelet) with Roasted Potatoes(V)</p> <p>Turkey and Cheese with Corn</p> <p>Honey Mustard Chicken Wrap with Corn</p> <p><i>Served with Fruit</i></p>	<p>3</p> <p>BBQ Chicken with Cheesy Rice and Pinto Beans</p> <p>Cheese Pizza with Pinto Beans</p> <p>Sunbutter and Jelly Sandwich with String Cheese and Corn(V)</p> <p>Chicken Salad Sandwich with Garbanzo Edamame and Carrots(DF)</p>
<p>6</p> <p>Calzoni Nacho Cheese Pretzel with Broccoli(V)</p> <p>Chicken with Garlic Noodles and Peas</p> <p>Turkey and Cheese with Corn</p> <p>Sunbutter and Jelly Sandwich with String Cheese with Corn(V)</p>	<p>7</p> <p>Cheese Lasagna with Green Beans(V)</p> <p>Bean and Cheese Pupasa with Falafel Tots(V)</p> <p>Chinese Chicken Noodles with Cabbage</p> <p>Taco Dippers with Side Salad(V)</p>	<p>8</p> <p>Cheeseburger with Broccoli</p> <p>Pasta Alfredo with Broccoli(V)</p> <p>Honey Mustard Chicken Wrap with Corn</p> <p>Chicken Caesar Salad</p>	<p>9</p> <p>Hot Dog with Baby Carrots(DF)</p> <p>Chicken Bites with Waffle with Carrot Coin</p> <p>Greek Flatbread with Baby Carrots(DF) (V)</p> <p>Buffalo Chicken Wrap with Baby Carrots</p>	<p>10</p> <p>Cheese Pizza with Pinto Beans(V)</p> <p>Zesty Beef Pasta with Black Beans</p> <p>Chicken Salad Sandwich with Garbanzo Bean Salad(DF)</p> <p>Sunbutter and Jelly Sandwich with String Cheese and Garbanzo Salad(V)</p>
<p>13</p> <p>Breakfast for Lunch (Pancakes/Omelet) with Roasted Potatoes(V)</p> <p>Chicken Alfredo with Carrot Corn Peas</p> <p>Sunbutter and Jelly Sandwich with String Cheese and Garbanzo Salad(V)</p> <p>Turkey and Cheese Sandwich with Corn</p>	<p>14</p> <p>Chicken Teriyaki with Broccoli (DF)</p> <p>Cheeseburger with Broccoli</p> <p>Greek Flatbread with Garbanzo Beans with Side Salad(DF) (V)</p> <p>Garden Salad with Chicken and Ranch</p>	<p>15</p> <p>Bean and Cheese Burrito with Black Beans(V)</p> <p>Zesty Beef Pasta with Black Beans</p> <p>Chicken Salad Sandwich with Garbanzo Bean Salad (DF)</p> <p>Pesto Pasta Chicken Salad with Tomatoes</p>	<p>16</p> <p>BBQ Beef Rib Sandwich with Baby Carrots(DF)</p> <p>Cheese Lasagna with Green Beans(V)</p> <p>Chinese Chicken Noodles with Cabbage</p> <p>Southwest Veggie Wrap with Corn (V)</p>	<p>17</p> <p>Cheese Pizza with Pinto Beans(V)</p> <p>Chicken Garlic Pasta with Broccoli</p> <p>Might Meaty Deli Combo with Baby Carrots</p> <p>Buffalo Chicken Wrap with Baby Carrots</p>
<p>20</p> <p>Spaghetti Marinara with Green Beans(DF)</p> <p>Three Layer Fiesta Scoops with Baby Carrots(V)</p> <p>Pesto Pasta Chicken Salad with Tomatoes</p> <p>Pizza Chef Kit(V)</p>	<p>21</p> <p>Cheese Lasagna with Green Beans(V)</p> <p>Cheeseburger with Broccoli</p> <p>Chicken Salad Sandwich with Carrots, Corn, and Peas(DF) (V)</p> <p>Chinese Chicken Noodles with Cabbage</p>	<p>22</p> <p>Bean and CheesePupasa with Corn(V)</p> <p>Mac and Cheese with BBQ Chicken and Baby Carrots</p> <p>Southwest Veggie Wrap with Corn (V)</p> <p>Turkey and Cheese Sandwich with Corn</p>	<p>23</p> <p>Cheese Pizza with Side Salad (V)</p> <p>Chicken Teriyaki with Broccoli(DF)</p> <p>Taco Dippers with Side Salad(V)</p> <p>Honey Mustard Chicken Wrap with Side Salad</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>

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This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Vegetable of the Day

Dairy-Free (DF) Vegetarian (V) options available daily – if not listed on the menu, available upon request

December

SUPPER

Supper (CACFP) FULL FRESH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 The Revolution Dog (DF) Southwest Veggie Wrap with Broccoli (V)	2 Sandwich Cheeseburger with Green Beans Chicken Caesar Salad	3 Cheese Pizza with Baby Carrots (V) Honey Mustard Chicken Wrap
6 Chicken Alfredo with Corn Chicken Pesto Pasta Salad	7 Cheese Lasagna with Corn(V) Chicken Sesame Salad(DF)	8 Chicken Bites with Corn(DF) Southwest Veggie Wrap with Broccoli (V)	9 BBQ Korean Beef with Broccoli(DF) Turkey and Cheese Sandwich with Broccoli	10 Cheese Pizza with Baby Carrots (V) BBQ Chicken Slider with Broccoli
13 Cheese Lasagna with Corn(V) Turkey and Cheese Sandwich with Broccoli	14 Sandwich Cheeseburger with Lettuce and Tomato Chicken Salad Sandwich with Baby Carrots(DF)	15 Chicken Bites with Corn(DF) Chicken Pesto Pasta Salad	16 BBQ Korean Beef with Broccoli(DF) Garden Salad with Chicken and Ranch	17 Chicken Ranchero Rice Bake Southwest Veggie Wrap with Broccoli (V)
20 Hamburger with Broccoli Mighty Meaty Deli Combo with Baby Carrots	21 Cheese Lasagna with Corn(V) Turkey and Cheese Sandwich with Broccoli	22 Chicken Cheddar Sandwich Garden Salad with Chicken and Ranch	23 Breaded Orange Chicken with Broccoli Turkey and Cheese Sandwich with Broccoli	24
27	28	29	30	31

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Dairy-Free (DF)
Vegetarian (V)

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December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pizza Crackers with Fruit Pretzel Goldfish with Fruit	2 Sunflower Seeds with Fruit Educational Snack with Fruit	3 Yogurt with Fruit Honey Grahams with Fruit
6 Pizza Crackers with Fruit Pretzel Goldfish with Fruit	7 Sunflower Seeds with Fruit Cinnamon Grahams with Fruit	8 Educational Snack with Fruit Cheddar Goldfish with Fruit	9 String Cheese with Fruit Cinnamon Grahams with Fruit	10 String Cheese with Fruit Honey Grahams with Fruit
13 Sunflower Seeds with Fruit Educational Snack with Fruit	14 Goldfish Colors with Fruit Sunflower Seeds with Fruit	15 Yogurt with Fruit Pretzel Goldfish with Fruit	16 Honey Wheat Crackers with Fruit Educational Snack with Fruit	17 Cheddar Goldfish with Fruit Honey Grahams with Fruit
20 Educational Snack with Fruit Honey Grahams with Fruit	21 Pizza Crackers with Fruit Goldfish Colors with Fruit	22 Honey Wheat Crackers with Fruit String Cheese with Fruit	23 Yogurt with Fruit Pretzel Goldfish with Fruit	24
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Fresh fruit available daily except when fruit juice, string juice or Sunbutter are served.

Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★

December

BREAKFAST

Special Diets

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Blueberry Bagel with Cream Cheese & Fruit (V) Cheerios Educational Snacks & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)	Yogurt & Educational Snacks & Fruit (V) Cinnamon Crisp Zee Zee Bar & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)	Plain Bagel with Cream Cheese & Fruit (V) Cinnamon Crisp Zee Zee Bar & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)
6 Banana Muffin & Fruit (V) Corn Chex with Educational Snacks & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)	7 Blueberry Muffin & Fruit (V) Cheerios with Educational Snacks & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)	8 Cinnamon Crumble & Fruit (V) Corn Chex with Educational Snacks & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)	9 Cheerios & String Cheese & Fruit (V) Cinnamon Crisp Zee Zee Bar & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)	10 Corn Chex & String Cheese & Fruit (V) Cheerios with Educational Snacks & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)
13 Yogurt & Educational Snacks & Fruit (V) Cinnamon Chex Cereal with Educational Snacks & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)	14 Banana Muffin & Fruit (V) Cheerios & Cinnamon Grahams & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)	15 Blueberry Bagel Burst & Fruit (V) Cinnamon Chex with Educational Snacks & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)	16 Lemon Muffin & Fruit (V) Cinnamon Chex with Educational Snacks & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)	17 Lemon Muffin & Fruit (V) Cinnamon Chex with Educational Snacks & Fruit (DF) Cinnamon Crisp Zee Zee Bar & Fruit (EF)
20 Yogurt with Giant Cinnamon Grahams & Fruit (V) Corn Chex with Educational Snacks & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)	21 Banana Muffin & Fruit (V) Cinnamon Zee Zee Bar & Fruit (DF) Cinnamon Zee Zee Bar & Fruit (EF)	22 Plain Bagel with Cream Cheese & Fruit (V) Apple Berry Zee Zee Bar & Fruit (DF) Apple Berry Zee Zee Bar & Fruit (EF)	23 Lemon Muffin & Fruit (V) Cinnamon Chex with Educational Snacks & Fruit (DF) Cinnamon Zee Zee Bar & Fruit (EF)	24
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Vegetarian (V)

Egg-Free (EF)

December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Southwest Veggie Wrap (V) Korean BBQ Beef (DF) Korean BBQ Beef (EF) Broccoli	2 Mac & Cheese (V) Chicken Teriyaki (DF) Honey Mustard Chicken Wrap (EF) Corn	3 Sunbutter & Jelly Sandwich with String Cheese (V) Chicken Salad Sandwich (DF) Sunbutter & Jelly Sandwich with String Cheese (EF) Cilantro Lime Pinto Beans
6 Calzoni Nacho Cheese Pretzel (V) Chicken with Garlic Noodles (DF) Honey Mustard Chicken Wrap (EF) Carrot, Corn, & Peas	7 Cheese Lasagna (V) Greek Garbanzo Flatbread Sandwich (DF) Sunbutter & Jelly Sandwich with String Cheese (EF) Green Beans	8 Pasta Alfredo (V) Hamburger (DF) Hot Dog (EF) Broccoli	9 Greek Garbanzo Flatbread Sandwich (V) Hot Dog (DF) Cheese Enchilada (EF) Diced Carrots	10 Cheese Pizza (V) Chicken Salad Sandwich (DF) Sunbutter & Jelly Sandwich with String Cheese (EF) Cilantro Lime Pinto Beans
13 Breakfast for Lunch (Pancakes/Omelet) (V) Chicken Salad Sandwich (DF) Honey Mustard Chicken Wrap (EF) Green Peas	14 Greek Garbanzo Flatbread Sandwich (V) Chicken Teriyaki (DF) Hamburger (EF) Broccoli	15 Bean & Cheese Burrito (V) Chicken Salad Sandwich (DF) Honey Mustard Chicken Wrap (EF) Falafel Tots	16 Southwest Veggie Wrap (V) BBQ Beef Rib Sandwich (DF) Cheese Enchilada (EF) Green Beans	17 Cheese Pizza (V) Chicken Salad Sandwich (DF) Sunbutter & Jelly Sandwich with String Cheese (EF) Diced Carrots
20 Pizza Chef Kit (V) Spaghetti Marinara (DF) Hamburger (EF) Baby Carrots	21 Cheese Lasagna (V) Hot Dog (DF) Alfredo Pasta (EF) Green Beans	22 Bean & Cheese Pupusa (V) Korean BBQ Beef (DF) Cheddar Cheese Sandwich (EF) Roasted Sweet Potato	23 Cheese Pizza (V) Chicken Teriyaki (DF) Honey Mustard Chicken Wrap (EF) Broccoli	24
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