

DECEMBER UB BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 • string cheese/ cinnamon grahams/ fruit	4 • yogurt/ educational snacks/ fruit	5 • autumn spice muffin/ fruit	6 • blueberry bagel/ cream cheese/ fruit	7 • zee zee berry apple crisp bar/ fruit
10 • yogurt/ cinnamon grahams/ fruit	11 • zee zee cinnamon crisp bar/ fruit	12 • plain bagel/ cream cheese/ fruit	13 • yogurt/ granola/ fruit	14 • zee zee berry apple crisp bar/ fruit
17 • string cheese/ cinnamon grahams/ fruit	18 • plain bagel/ cream cheese/ fruit	19 • zee zee berry apple crisp bar/ fruit	20 • yogurt/ cinnamon grahams/ fruit	21 • french toast muffin/ fruit
24	25	26	27	28
NEW YEAR'S EVE! 31				

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

DECEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 • pepper jack cheeseburger • green beans	4 • five cheese lasagna (vg) • garbanzo beans/ baby carrots	5 • chicken bites • steamed corn	6 • uncle ted's bbq drumstick w/ cheesy rice • baby carrots w/ ranch	7 • cheese pizza (vg) • broccoli & carrot salad
10 • bbq beef flatbread melt • baby carrots	11 • hot dog (df) • coleslaw	12 • kickin chicken melt sandwich • edamame/ grape tomatoes	13 • buffalo chicken pizza • chili citrus corn	14 • hot meatball sub • chopped lettuce/ sliced tomatoes w/ ranch
17 • buffalo chicken wrap • steamed carrots	18 • spicy popcorn chicken sandwich • three bean salad/ baby carrots	19 • creamy tomato curry w/ grilled chicken • sliced cucumber	20 • philly cheesesteak sandwich • steamed corn	21
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HAPPY HOLIDAYS

Bring on the holidays with our warm and hearty seasonal **Roast Turkey & Stuffing** meal: thick-cut turkey paired with savory stuffing, sweet mashed yams, and homemade gravy.

Look for it on the menu on **12/20!**



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o **Vegetable** of the day