



Menu – December 04-08, 2023

	Monday December 04	Tuesday December 05	Wednesday December 06	Thursday December 07	Friday December 08
Morning Snack	Red Berry Cereal Banana Milk	Wheat Toast w/ Strawberry Jam Water	Cinnamon Oatmeal Pancakes w/ Maple Syrup & Oatmilk	Cranberry Waldorf Salad Water	Fruit Fig Bars Water
Lunch	Corn, Avocado, & Quinoa Mix Lemon Pepper Broccoli Crowns Pink Lady Apples Milk	Spinach & Sun- Dried Tomato Egg Frittata Baked Fries w/ Ketchup Blueberries Milk	Sweet Relish Pinto Beans w/Dice Potatoes Seasonal Vegetables Sunkist Oranges Milk	Mushroom Barley Soup Strawberry Spring Mix Salad w/ Balsamic Vinaigrette Milk	Mediterranean Chickpea Bowl Honey Glazed Carrots Purple Plums Milk
Afternoon Snack	Dill Pickles String Cheese Water	Clementines Craisins w/ Sunflower Seeds Water	Mixed Veggies Ritz Crackers Water	Corn Tortilla Salsa Water	Sweet Spinach Muffins Water

*Serving sizes and meal components will be in compliance with USDA guidelines