



## Menu – December 04-08, 2023

	<b>Monday December 04</b>	<b>Tuesday December 05</b>	<b>Wednesday December 06</b>	<b>Thursday December 07</b>	<b>Friday December 08</b>
<b>Morning Snack</b>	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
<b>Lunch</b>	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
<b>Afternoon Snack</b>	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