



Menu – December 11-15, 2023

	Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14	Friday December 15
Morning Snack	Cheddar Cheese Toast Water	Maple Pumpkin Seed Granola Milk	Breakfast Quinoa w/Pineapple & Oat Milk	Gingerbread Muffins Water	Cheerios Clementine Milk
Lunch	Basil Pasta Pomodoro Mixed Vegetables Blueberries Milk	Mexican Rice Balsamic Green Beans Red Plums Milk	Sweet Potato & Red Beans Purple & Green Cabbage Apple Pears Milk	Southwestern Bowl w/Avocado Dressing Baked Tortilla Chips Cara Cara Oranges Milk	Broccoli Cranberry Salad Baby Carrots Dice Peaches Milk
Afternoon Snack	Organic Applesauce Graham Cracker Water	Clementines Craisins w/ Sunflower Seeds Water	Dill Pickles Wheat Thins Water	Chex Trail Mix Water	Apple Cinnamon Rice Cakes Water

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