

December 2019

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
02 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Orange Milk*	03 English Muffin ³⁶ Low-fat Cream Cheese ¹ Melon Milk*	04 Oatmeal w/ toppings ¹ Banana Milk*	05 Whole-grain cereal Pineapple Milk*	06 CLOSED
09 Hard Boiled Eggs ² Whole wheat bread ³⁶ Melon Milk*	10 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Pear Milk*	11 Oatmeal w/ toppings ¹ Banana Milk*	12 Whole-grain cereal Orange Milk*	13 Refried Beans ⁵ Plantains Pineapple Milk*
16 Chilaquiles ² Whole wheat bread ³⁶ Pear Milk*	17 Low-fat yogurt ¹ Banana Milk*	18 Oatmeal w/ toppings ¹ Melon Milk*	19 Whole-grain cereal Pineapple Milk*	20 Hard Boiled Eggs ² Whole wheat bread ³⁶ Orange Milk*
23 Turkey Sausage Whole grain waffle ¹²³⁶ Melon Milk*	24 Oatmeal w/ toppings ¹ Pear Milk*	25 CLOSED	26 Whole-grain cereal Pineapple Milk*	27 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Orange Milk*
30 Hard Boiled Eggs ² Whole wheat bread ³⁶ Melon Milk*	31 Whole-grain cereal Pear Milk*	01 CLOSED	02 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Orange Milk*	03 Refried Beans ⁵ Plantains Pineapple Milk*

Notes: This menu is subject to change

Green: Local Products


¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
02 Vegetarian Chili ⁵ Green Salad Brown Rice Apple Milk* ¹	03 Chicken Stew Celery, Potatoes, Carrots Barley/Quinoa ³ Pear Milk* ¹	04 Egg Fried Rice ²⁶ Broccoli Pineapple Milk* ¹	05 Vegetarian Enchiladas ¹⁵ Whole Wheat tortilla ³ Green Salad Melon Milk* ¹	06 Closed
09 Lentils w/ Sweet Potato ⁷ Brown Rice Pear Milk* ¹	10 Chicken Alfredo w/ Whole wheat pasta & ¹³ Broccoli Pineapple Milk* ¹	11 Fish Fried Rice ⁴⁶ Green Salad Orange Milk* ¹	12 Chicken Legs ⁶ Corn Whole Wheat Roll ³ Melon Milk* ¹	13 Tofu ⁴ Teriyaki w/ Broccoli, Carrots, & Sesame Brown Rice Apple Milk* ¹
16 Macaroni and Cheese ¹³ Green Salad Apple Milk* ¹	17 Chicken Stew Celery, Potatoes, Carrots Barley/Quinoa ³ Orange Milk* ¹	18 Whole wheat pasta ³ Beef Stroganoff with mushroom and carrots Green Salad Pineapple Milk* ¹	19 International Day: Peru Chicken Salteado 	20 Beans and Cheese Tacos ¹⁵ Lettuce Whole Wheat tortilla ³ Melon Milk* ¹
23 Chickpea Curry ⁵ Green Salad Brown Rice Apple Milk* ¹	24 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³ Melon Milk* ¹	25 Closed	26 Moroccan Beef w/ Chickpeas ⁵ Barley ³ Pear Milk* ¹	27 Chicken Paella w/ Beef Sausage ⁶ and Green beans Brown Rice Pineapple Milk* ¹
30 Vegetarian Chili ⁵ Green Salad Brown Rice Apple Milk* ¹	31 Asparagua Tuna Casserole ¹³⁴ Green Salad Orange Milk* ¹	01 Closed	02 Chicken Legs ⁶ Corn Whole Wheat Pita ³ Pineapple Milk* ¹	03 Tofu ⁴ Teriyaki w/ Broccoli, Carrots, & Sesame Brown Rice Pear Milk* ¹

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2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider.



Lunch

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Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
02 Pretzels ³ Strawberries	03 Low Fat Yogurt ¹ Banana	04 String Cheese ¹ Melon	05 WG Goldfish ³ Orange	06 Closed
09 Low Fat Yogurt ¹ Strawberries	10 Bread with Chocolate ¹³⁶ Banana	11 Roasted Sweet Potato String Cheese ¹	12 Graham Crackers ³ Orange	13 WG Goldfish ³ Melon
16 String Cheese ¹ Orange	17 Graham Crackers ³ Pear	18 WG Goldfish ³ Banana	19 Roasted Sweet Potato String Cheese ¹	20 Bread with Chocolate ¹³⁶ Strawberries
23 Pretzels ³ Orange	24 CentroNia closes 1:00 PM	25 Closed	26 Whole Wheat Animal Crackers ³ Banana	27 Bread with Cheese ¹³⁶
30 Low Fat Yogurt ¹ Orange	31 CentroNia closes 1:00 PM	01 Closed	02 WG Goldfish ³ Apple	03 Bread with Chocolate ¹³⁶ Banana

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Snack