

DECEMBER

Pre-Kinder


Milk will be offered with every meal.

COLD WEATHER BUGS

Protect yourself from the illnesses that come with the chilly changes in the weather.



Eating a rainbow of fruits and vegetables can keep your body strong and better able to fight off infection. Blueberries, oranges, spinach, and broccoli are some of the best fruits and vegetables to stock up on this cool time of year.

Monday	Tuesday	Wednesday	Thursday	Friday
November 28 Spaghetti with Meat Sauce Garlic Bread Seasoned Vegetables Fruit Cup	November 29 Nachos Refried Beans Tossed Salad Fresh Apples	November 30 Country Bucket with Popcorn Chicken and Fries Hot Roll Seasoned Vegetables Fruit Cup	1 Grilled Sandwich Choice of Chips Carrot Dippers Fruit Cup	2 Chicken Sliders Baked Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
5 Cheese Pizza Seasoned Vegetables Fruit Cup	6 Crispitos Lettuce & Tomatoes Pinto Beans Orange Smiles	7 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	8 Cheesy Bread Bites Seasoned Corn Fresh Carrots Strawberries and Cream	9 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
12 Baked Ziti Garlic Toast Seasoned Vegetables Banana Sundaes	13 Chicken Fajitas Soft Taco Pinto Beans Lettuce & Tomatoes Fruit Cup	14 Crispy Chicken Drumstick Hot Roll Mashed Potatoes Steamed Baby Carrots Orange Smiles	15 Popcorn Chicken Rice Seasoned Vegetables Fruit Salad	16 <i>Grab N' Go Lunch</i> 

Breakfast

An option of fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 11/28 & 12/12	Breakfast on Bun	French Toast Sticks	Yogurt & Grahams	Pancake Wrap	Biscuits & Sausage
Week of 12/5	Breakfast Burrito	Yogurt & Grahams	Pig in a Blanket	Breakfast Pizza	Cereal & Scoobies