

December 2024 SCES MENU

<p>2 Monday WG Cereal, WG Pancakes, Syrup 20 gm, Fruit, Juice</p> <p>WG Bun 28 gm, Tenderloin 14 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Oven Fries 22 gm, Mixed Fruit 22 gm, Fresh Fruit and Veggies</p>	<p>3 Tuesday WG Cereal, WG Breakfast Pizza 22 gm, Fruit, Juice</p> <p>Taco in a Bag (Taco Meat, Shredded Cheese, WG Chips) or <u>WG PB & J, Cheese Stick, WG Chips</u> Refried Beans 24 gm, Salsa 5 gm, Pears 16 gm, Fresh Fruit and Veggies</p>	<p>4 Wednesday WG Cereal, Bagel 38 gm, Cream Cheese 1 gm, Fruit, Juice</p> <p>WG Pretzel 30 gm Cheese Sauce WG Macaroni and Cheese 30.54 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Romaine 1.5 gm, Rosy Applesauce 22 gm, Fresh Fruit and Veggies</p>	<p>5 Thursday WG Cereal, WG Muffin 28 gm, Fruit, Juice</p> <p>WG Bun 28 gm, BBQ Rib 3gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Green Beans 4 gm, Peaches 14 gm, Fresh Fruit and Veggies</p>	<p>6 Friday WG Cereal, Biscuit 26 gm, Sausage & Gravy 8 gm, Fruit, Juice</p> <p>WG Pizza Crunchers 41 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Marinara Sauce 7 gm, Carrots 6 gm, Mandarin Oranges 17 gm, WG Cookie 17 gm, Fresh Fruit and Veggies</p>
<p>9 Monday WG Cereal, WG Pigs in a Blanket 15 gm, Syrup 20 gm, Juice, Fruit</p> <p>WG Bun 28g, WG Chicken Patty 16 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Green Beans 4g, Pineapple 17g, Fresh Fruit and Veggies</p>	<p>10 Tuesday WG Cereal, Donut, Fruit, Juice</p> <p>WG Bun 22 gm Meatballs Sauce and Shredded Cheese 5 gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Broccoli w/Cheese 4g, Pears 16 gm, Fresh Fruit and Veggies</p>	<p>11 Wednesday WG Cereal, WG Cinnamon Roll 38 gm Juice, Fruit</p> <p>WG Corn Dogs 30 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Baked Beans 26g, Rosy Applesauce 22g, Fresh Fruit and Veggies</p>	<p>12 Thursday WG Cereal, WG Breakfast Bun 40 gm, Fruit, Juice</p> <p>WG Rolls, Turkey or <u>WG PB & J, Cheese Stick, WG Chips</u> Mashed Potatoes/Gravy, Strawberries and Bananas, Fresh Fruit and Veggies</p>	<p>13 Friday WG Cereal, WG French Toast Sticks, 38 gm, Syrup 20 gm, Fruit, Juice</p> <p>WG Chili Crisпитos 46 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Romaine 1.5 gm, Carrots 6 gm, Sidekick, Fresh Fruit and Veggies</p>

<p>16 Monday WG Cereal, Cinnamon and Sugar Donuts 20 gm Fruit, Juice</p> <p>WG Bosco Sticks 28 Beef Ravioli 36 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Corn 16 gm, Cinnamon Applesauce 26 gm Fresh Fresh and Veggies</p>	<p>17 Tuesday WG Cereal, WG Waffle,12 gm, Syrup 20 gm, Fruit, Juice</p> <p>WG Bun 28g, Hamburger 3g, Cheese Slice 2g, <u>or WG PB & J, Cheese Stick, WG Chips</u> Green Beans 4g, Peaches 14g, Fresh Fruit and Veggies</p>	<p>18 Wednesday WG Cereal, Biscuit 26 gm, Sausage & Gravy 8 gm, Fruit, Juice</p> <p>WG Cheese Bites 28 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Marinara Sauce 7g , Romaine 1.5g, Pineapple 17 gm, Fresh Fruit and Veggies</p>	<p>19 Thursday WG Cereal, WG Breakfast Bar, Fruit, Juice</p> <p>WG Pizza or Cheese Quesadilla 38g or Yogurt Meal or Deli Sandwich or Salad Carrots 6g, Pears 16g, Fresh Fruit and Veggies</p>	<p>20 Friday</p> <p>NO SCHOOL</p>
<p>Cereal- Marsh Matey 22 gm, Honey Graham 22 gm, Cinn Toasters 24 gm.</p> <p>Juice- Apple 13 gm, Grape 19 gm, OJ 13 gm, Fruit Punch 14 gm,</p> <p>Poptart Cinn 72 gm Blueberry 72 gm, Strawberry 75 gm</p>	<p>Mashed Potatoes contain Sulfates and can cause Allergic Reactions.</p> <p>1% White and Chocolate, Strawberry Milk are offered at all meals.</p> <p>Ranch Dressings, Mustard, Ketchup , BBQ sauces are offered at Lunch.</p>	<p>NO SCHOOL</p> <p>Winter Break December 20-January 6, 2025</p> <p>Breakfast starts everyday at 7:30 a.m.</p> <p>Menu is Subject to Change</p>	<p>Breakfast is offered vs serve children must pick 3 of 4 items offered and one must be ½ cup fruit or juice. Lunch is also offer vs serve children must pick 3 out 5 items offered one must be ½ cup of fruit or veggies</p> <p>ALLin</p> <p>Can't Stop Won't Stop</p> <p>Menu is Subject to Change</p> <p>A Plant Based Meal is offered Everyday.</p>	<p>Have a Great Break</p> <p>A Plant Based Meal is offered everyday.</p> <p>Protect this House</p>

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