**DECEMBER 2021 MENU**

Ready-To Serve Sites

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| See the source imageUpdated 11/16/21 | 1BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken and Yellow RiceSeasoned Black BeansGrape Tomatoes w/RanchPeach Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 2BREAKFASTYogurt Smoothie w/Strawberry GrahamRaisin BoxWhite Milk (Low Fat or Skim)**LUNCH**Turkey & Cheese Sliders (2)Sweet Kernel CornCrisp Garden SaladApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 3BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni & CheeseHerbed CauliflowerBaby Carrots w/ RanchFresh Orange Wedges(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 6**BREAKFAST** Celebration Benefit BarRaisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Meatball & Marinara Sub Sweet Kernel CornCucumber Slices w/ RanchFresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 7**BREAKFAST**Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Tasty Brands Turkey & Cheese Sandwich Creamed SpinachBaby Carrots w/ Ranch100% Fruit JuicePeach Cup(Secondary only)Assorted low Fat Milk | 8BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**General Tso’s Chicken w/Fried Rice Seasoned Green BeansGrape Tomatoes w/ Ranch Strawberry Apple Crisps (1 Elem/2 Secondary)Assorted Low Fat Milk | 9**BREAKFAST**Mini Loaf & Cheese Stick Whole Mandarin Orange100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ Meat SauceHerbed CauliflowerCrisp Garden Side Salad Applesauce (1 Elem/2 Secondary)Assorted Low Fat Milk | 10 **BREAKFAST**Banana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken BitesCheez-It CrackersSteamed BroccoliFruitables Veggie Juice Blend Fresh Orange Smiles(1 Elem/2 secondary)Assorted Low Fat Milk |
| 13**BREAKFAST**Blueberry Belgian Waffle Raisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tasty Brands Turkey, Turkey Pepperoni & Cheese CroissantSweet Kernel CornCucumber Slices w/ Ranch Fresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 14 **BREAKFAST** Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** BBQ Pulled Chicken SandwichBBQ Baked Beans Baby Carrots w/ Ranch100% Fruit JuicePeach Cup(Secondary only)Assorted Low Fat Milk | 15**BREAKFAST**Eggo® Mini Cinnamon WafflesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Chicken AlfredoSteamed BroccoliGrape Tomatoes w/ Ranch Fresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 16 BREAKFASTYogurt Smoothie w/Strawberry GrahamWhole Mandarin OrangeWhite Milk (Low Fat or Skim)**LUNCH**Cuban Sandwich Crisp Garden Side Salad Fruitables Veggie Juice BlendApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 17BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat Free or Skim)LUNCHBaked ZitiSeasoned Peas and CarrotsCucumber Slices w/RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| See the source image |
| **High School MUST serve an additional 1/2c serving of fruit daily.** |