**DECEMBER 2021 MENU**

Ready-To Serve Sites

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| See the source image  Updated 11/16/21 | | 1 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken and Yellow Rice  Seasoned Black Beans  Grape Tomatoes w/Ranch  Peach Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 2 BREAKFAST Yogurt Smoothie w/Strawberry Graham  Raisin Box  White Milk (Low Fat or Skim)  **LUNCH**  Turkey & Cheese Sliders (2)  Sweet Kernel Corn  Crisp Garden Salad  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 3 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Wedges  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 6  **BREAKFAST**  Celebration Benefit Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Meatball & Marinara Sub  Sweet Kernel Corn  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 7  **BREAKFAST**  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey & Cheese Sandwich  Creamed Spinach  Baby Carrots w/ Ranch  100% Fruit Juice  Peach Cup  (Secondary only)  Assorted low Fat Milk | 8 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  General Tso’s Chicken w/Fried Rice  Seasoned Green Beans  Grape Tomatoes w/ Ranch  Strawberry Apple Crisps  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 9  **BREAKFAST**  Mini Loaf & Cheese Stick  Whole Mandarin Orange  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meat Sauce  Herbed Cauliflower  Crisp Garden Side Salad  Applesauce  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 10 **BREAKFAST**  Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites  Cheez-It Crackers  Steamed Broccoli  Fruitables Veggie Juice Blend  Fresh Orange Smiles  (1 Elem/2 secondary)  Assorted Low Fat Milk |
| 13  **BREAKFAST**  Blueberry Belgian Waffle Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey, Turkey Pepperoni & Cheese Croissant  Sweet Kernel Corn  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 14  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Pulled Chicken Sandwich  BBQ Baked Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Peach Cup  (Secondary only)  Assorted Low Fat Milk | 15  **BREAKFAST**  Eggo® Mini Cinnamon Waffles  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Chicken Alfredo  Steamed Broccoli  Grape Tomatoes w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 16 BREAKFAST Yogurt Smoothie w/Strawberry Graham  Whole Mandarin Orange  White Milk (Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Crisp Garden Side Salad  Fruitables Veggie Juice Blend  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 17 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat Free or Skim)  LUNCH  Baked Ziti  Seasoned Peas and Carrots  Cucumber Slices w/Ranch  Fresh 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.** | | | | |