

**Masterpiece Christian Academy
December 2022 Monthly Menu**

Day	Breakfast	Lunch	PM Snack	Supper
Thursday (1)	Whole Milk,Lowfat Milk,Potatoes,Eggs	Whole Milk,Lowfat Milk,*Penne Pasta,Broccoli,Carrots,Yogurt,Alfredo	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,Flour Tortillas,Apples,Cucumbers,Pinto Beans
Friday (2)	Whole Milk,Lowfat Milk,*Pancakes,Peaches	Whole Milk,Lowfat Milk,Fideo,Raisins,Peas,Chicken Drumsticks	Club Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Pears,Corn,Beef Franks
Monday (5)	Whole Milk,Lowfat Milk,*Bread,Peaches,Eggs	Whole Milk,Lowfat Milk,*Bread,Potatoes,Corn,Ground Turkey	Ritz Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Macaroni and Cheese,Peaches,Celery,Chicken Nuggets
Tuesday (6)	Whole Milk,Lowfat Milk,Rice Krispies,Strawberries	Whole Milk,Lowfat Milk,Alphabet Pasta,Grapes,Ranch Style Beans,Ground Beef	Animal Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Grapes,French Fries,Beef Franks
Wednesday (7)	Whole Milk,Lowfat Milk,*Bagels,Blueberries	Whole Milk,Lowfat Milk,Dinner Rolls,Peaches,Broccoli,Chicken Fajitas	*Cheerios,Bananas	Whole Milk,Lowfat Milk,Rice,Apples,Cucumbers,Ground Beef
Thursday (8)	Whole Milk,Lowfat Milk,Biscuit,Apples	Whole Milk,Lowfat Milk,*Rotini Pasta,Mandarins,Green Beans,Ground Beef	*Rice Cakes,Apple Juice	Whole Milk,Lowfat Milk,Rice,Pears,Carrots,Eggs
Friday (9)	Whole Milk,Lowfat Milk,*Pancakes,Pineapple	Whole Milk,Lowfat Milk,*Bread,Sweet Potatoes,Cauliflower,Chicken Drumsticks	Raisins,Yogurt	Whole Milk,Lowfat Milk,Flour Tortillas,Apples,Pinto Beans,Cheese
Monday (12)	Whole Milk,Lowfat Milk,*Cheerios,Bananas	Whole Milk,Lowfat Milk,*Bread,Peaches,French Fries,Chicken Nuggets	Animal Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Grapes,Green Beans,Ground Turkey
Tuesday (13)	Whole Milk,Lowfat Milk,*Rice Cakes,Apples	Whole Milk,Lowfat Milk,*Spaghetti,Bananas,Mixed Vegetable,Ground Beef	Club Crackers,Apple Juice	Whole Milk,Lowfat Milk,Fideo,Carrots,Ranch Style Beans,Yogurt
Wednesday (14)	Whole Milk,Lowfat Milk,Corn Flakes,Strawberries	Whole Milk,Lowfat Milk,Rice,Pears,Broccoli,Ground Turkey	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Fruit Cocktail,Celery,Cheese,Grilled Cheese Sandwich
Thursday (15)	Whole Milk,Lowfat Milk,Waffles,Peaches	Whole Milk,Lowfat Milk,*Nachos,Applesauce,Pinto Beans,Ground Beef	Pretzels,Apple Juice	Whole Milk,Lowfat Milk,*Shell Pasta,Apples,Mixed Vegetable,Pinto Beans
Friday (16)	Whole Milk,Lowfat Milk,*Pancakes,Pineapple	Whole Milk,Lowfat Milk,Dinner Rolls,Corn,Potatoes,Ground Turkey	Graham Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Applesauce,Celery,Chicken Fajitas
Monday (19)	Whole Milk,Lowfat Milk,*Wheaties,Bananas	Whole Milk,Lowfat Milk,*Bread,Apples,Corn,Ground Beef	Graham Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Macaroni Pasta,Apples,Mixed Vegetable,Beef Franks
Tuesday (20)	Whole Milk,Lowfat Milk,Flour Tortillas,Pinto Beans,Eggs	Whole Milk,Lowfat Milk,*Bread,Potatoes,Peas & Carrots,Chicken Drumsticks	Saltine Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Penne Pasta,Grapes,Cucumbers,Yogurt
Wednesday (21)	Whole Milk,Lowfat Milk,Rice Krispies,Bananas	Whole Milk,Lowfat Milk,Rice,Cantaloupe,Pinto Beans,Beef Stew Meat	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,Rice,Grapes,Zucchini,Chicken Fajitas,
Thursday (22)	Whole Milk,Lowfat Milk,*Bread,Blueberries,Eggs	Whole Milk,Lowfat Milk,*Macaroni and Cheese,Mangoes,Tomatoes,Chicken Breasts	Ritz Crackers,Apple Juice	Whole Milk,Lowfat Milk,Alphabet Pasta,Raisins,Ranch Style Beans,Cheese

Only 100% juice served.

Whole Milk=1yrs only Lowfat/Skim Milk= 2yrs and over

(*) = Meets Whole Grain Rich Requirement

This institution is an equal opportunity provider.

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Day	Breakfast	Lunch	PM Snack	Supper
Friday (23)	Whole Milk,Lowfat Milk,*Pancakes,Strawberries	Whole Milk,Lowfat Milk,*Rotini Pasta,Grapes,Green Beans,Ground Beef	*Rice Cakes,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Pickles,Tomatoes,Cheese
Monday (26)	Whole Milk,Lowfat Milk,Waffles,Bananas	Whole Milk,Lowfat Milk,*Macaroni and Cheese,Applesauce,Mixed Vegetable,Fish	Animal Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Raisins,Corn,Ground Turkey
Tuesday (27)	Whole Milk,Lowfat Milk,*Corn Chex,Apples	Whole Milk,Lowfat Milk,*Corn Tortillas,Raisins,Ranch Style Beans,Enchiladas	Pretzels,Apple Juice	Whole Milk,Lowfat Milk,*Shell Pasta,Mandarins,Mixed Vegetable,Pinto Beans
Wednesday (28)	Whole Milk,Lowfat Milk,French Toast,Bananas	Whole Milk,Lowfat Milk,Rice,Fruit Cocktail,Mixed Vegetable,Ground Beef,Meatballs	Cheez-it,Apple Juice	Whole Milk,Lowfat Milk,Rice,Grapes,Zucchini,Chicken Fajitas
Thursday (29)	Whole Milk,Lowfat Milk,Potatoes,Eggs	Whole Milk,Lowfat Milk,*Penne Pasta,Broccoli,Carrots,Yogurt,Alfredo	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,Flour Tortillas,Apples,Cucumbers,Pinto Beans
Friday (30)	Whole Milk,Lowfat Milk,*Pancakes,Peaches	Whole Milk,Lowfat Milk,Fideo,Raisins,Peas,Chicken Drumsticks	Club Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Pears,Corn,Beef Franks

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