

December

Monthly Meal Plan

	BREAKFAST	LUNCH	PM SNACK	SUPPER
MONDAY 4th	Whole Milk Low-fat Milk Bread, Strawberries, Eggs	Whole Milk Low-fat Milk Bread, Potatoes, Corn, Ground Turkey	Ritz Crackers, Apple Juice	Whole Milk Low-fat Milk Macaroni and Cheese, Peaches, Celery, Chicken Breast
TUESDAY 5th	Whole Milk Low-fat Milk Rice Krispies, Bananas	Whole Milk Low-fat Milk Spaghetti, Grapes, Green Beans, Ground Beef	Animal Crackers, Apple Juice	Whole Milk Low-fat Milk Bread, Grape, French Fries, Beef Franks
WEDNESDAY 6th	Whole Milk Low-fat Milk Bagels, Blueberries	Whole Milk Low-fat Milk Dinner Rolls, Applesauce, Broccoli, Chicken Breast	Graham Crackers, Apple Juice	Whole Milk Low-fat Milk Vermicelli, Apples, Cucumbers, Ground Beef
THURSDAY 7th	Whole Milk Low-fat Milk Biscuit, Cantaloupe	Whole Milk Low-fat Milk Nachos, Tomatoes, Pinto Beans, Ground Beef	Rice Cakes, Apple Juice	Whole Milk Low-fat Milk Bread, Pears, Avocados, Cheese
FRIDAY 8th	Whole Milk Low-fat Milk Pancake, Pineapple	Whole Milk Low-fat Milk Bread, Mangoes, Peas and Carrots, Chicken Breast	Raisins, Yogurt	Whole Milk Low-fat Milk Flour Tortillas, Pinto Beans, Cheese, Apples

	BREAKFAST	LUNCH	PM SNACK	SUPPER
MONDAY 11th	Whole Milk Low-fat Milk Cheerios Strawberries	Whole Milk Low-fat Milk Bread, Peaches, French Fries, Chicken Nuggets	Animal Crackers Apple Juice	Whole Milk Low-fat Milk Grapes, Cheese, Flour Tortillas, Pinto Beans
TUESDAY 12th	Whole Milk Low-fat Milk Rice Cakes, Apples	Whole Milk Low-fat Milk Rotini Pasta, Bananas, Mixed Vegetables, Ground Beef	Club Crackers, Apple Juice	Whole Milk Low-fat Milk Penne Pasta, Cantaloupe, Carrots, Yogurt
WEDNESDAY 13th	Whole Milk Low-fat Milk Corn Flakes, Bananas	Whole Milk Low-fat Milk Rice, Pears, Corn, Chicken Breast	Goldfish Crackers, Apple Juice	Whole Milk Low-fat Milk Fideo, Fruit Cocktail, Celery, Ranch Style Beans
THURSDAY 14th	Whole Milk Low-fat Milk French Toast, Blueberries	Whole Milk Low-fat Milk Bread, Mandarins, Potatoes, Ground Beef	Pretzels, Apple Juice	Whole Milk Low-fat Milk Shell Pasta, Apples, Mixed Vegetables, Pinto Beans
FRIDAY 15th	Whole Milk Low-fat Milk Pancake, Pineapple	Whole Milk Low-fat Milk Bread, Grapes, Broccoli, Ground Turkey	Graham Crackers, Apple Juice	Whole Milk Low-fat Milk Bread, Apple Sauce, Celery, Cheese

	BREAKFAST	LUNCH	PM SNACK	SUPPER
MONDAY 18th	Whole Milk Low-fat Milk Wheaties, Bananas	Whole Milk Low-fat Milk Bread, Apples, Corn, Ground Beef	Pretzels, Apple Juice	Whole Milk Low-fat Milk Macaroni Pasta, Mandarins, Mixed Vegetables, Beef Franks
TUESDAY 19th	Whole Milk Low-fat Milk Flour Tortillas, Pinto Beans, Eggs	Whole Milk Low-fat Milk Bread, Potatoes, Peas & Carrots, Chicken Drumsticks	Saltine Crackers, Apple Juice	Whole Milk Low-fat Milk Penne Pasta, Grapes, Cucumbers, Yogurt
WEDNESDAY 20th	Whole Milk Low-fat Milk Rice Krispies, Strawberries	Whole Milk Low-fat Milk Tamales	Gold Fish Crackers, Apple Juice	Whole Milk Low-fat Milk Dinner Rolls, Mixed Fruit, Peas & Carrots, Chicken Breasts
THURSDAY 21st	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
FRIDAY 22nd	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL