

# DECEMBER 2022 MENU 3-5 Years



SITE NAME \_\_\_\_\_

WEEK 1	MONDAY (NOVEMBER 28 <sup>TH</sup> )	TUESDAY (NOVEMBER 29 <sup>TH</sup> )	WEDNESDAY (NOVEMBER 30 <sup>TH</sup> )	THURSDAY 1	FRIDAY 2
<b>BREAKFAST</b> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	<b>SCRAMBLED EGGS W/ CHEESE</b> MANDARIN ORANGES WG TOAST 1%MILK	<b>COLD CEREAL*</b> - <i>General Mills Multigrain Cheerios</i> PEACH SLICES 1%MILK	(IDAHO CACFP) <b>WG PATTY CAKE PANCAKE</b> APPLESAUCE 1%MILK	<b>OATMEAL</b> CANNED APPLES 1%MILK	(A-11B) <b>OATMEAL MUFFIN SQUARES</b> (or Muffin) PEAR SLICES 1%MILK
<b>LUNCH</b> • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	(F-12) <b>BEEF SLOPPY JOE ON ROLL</b> MIXED FRUIT GREEN BEANS WG BUN 1%MILK	(D-10) <b>TUNA PATTY</b> TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK 1%MILK	(WR-14) <b>HAMBURGER</b> CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN 1%MILK	(CNRB) <b>SWEET &amp; SASSY CHICKEN</b> PINEAPPLE CHUNKS RED & GREEN PEPPERS WG BROWN RICE 1%MILK	(D-21A) <b>BEAN BURRITO W/CHEESE</b> CHERRY TOMATOES CUCUMBERS ORANGE SECTIONS WG TORTILLAS 1%MILK
<b>SNACK</b> (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	<b>AVOCADO</b> WG TORTILLA CHIPS 1% MILK	<b>YOGURT</b> - <i>WHOLESONE FARMS LOW FAT VANILLA</i> MIXED BERRIES 1%MILK	<b>HANDS ON CEREAL</b> BANANAS 1%MILK	<b>FRESH ORANGE SLICES</b> 1%MILK	<b>CELERY STICKS</b> SUNFLOWER SEED BUTTER 1%MILK
WEEK 2	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
<b>BREAKFAST</b> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	(IDAHO CACFP) <b>WG FANTABULOUS FRENCH TOAST</b> APPLESAUCE 1%MILK	<b>CREAM OF WHEAT FARINA</b> APRICOTS 1%MILK	<b>WG ENGLISH MUFFIN</b> HONEYDEW SLICES 1%MILK	(IDAHO CACFP) <b>EGG &amp; CHEESE BURRITO</b> BANANA 1%MILK	<b>YOGURT</b> - <i>DARIGOLD LOW FAT VANILLA</i> PEACHES 1%MILK
<b>LUNCH</b> • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	(CNRB) <b>TUNA &amp; WG EGG NOODLES</b> PEA AND CARROT MEDLEY MANDARIN ORANGES 1% MILK	(WR-2) <b>CHICKEN ENCHILADA CASSEROLE</b> GREEN BEANS PEAR SLICES WG CORN TORTILLAS 1%MILK	(WR-5) <b>TACO SOUP/CHEESE</b> KALE CHIPS PEACHES WG TORTILLA CHIPS 1% MILK	(D-20) <b>MACARONI &amp; CHEESE</b> FRESH CANTELOPE BROCCOLI WG MACARONI NOODLES 1% MILK	(FH) <b>BLACK BEAN SOUP</b> SLICED AVOCADO WG CORN BREAD 1%MILK
<b>SNACK</b> (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	<b>WG TORTILLA CHIPS</b> SALSA 1%MILK	<b>COTTAGE CHEESE</b> BANANA 1%MILK	(IDAHO CACFP) <b>WHITE BEAN DIP</b> CELERY STICKS 1%MILK	<b>FRESH APPLE SLICES</b> 1%MILK	(A-3) <b>BLUEBERRY MUFFIN</b> 1%MILK

\*All cold cereals served are based upon WIC cereal list  
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SITE NAME \_\_\_\_\_

WEEK 3	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<b>BREAKFAST</b> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	<b>TOASTED MINI WG BAGEL</b> PEAR SLICES 1%MILK	(A-09B) <b>BISCUITS &amp; SAUSAGE GRAVY</b> MIXED FRUIT 1%MILK	<b>WG TOAST</b> PEACH SLICES 1%MILK	<b>COLD CEREAL*</b> -General Mills Kix BANANAS 1%MILK	(A-11B) <b>WG MUFFIN SQUARES</b> FRESH FRUIT 1%MILK
<b>LUNCH</b> • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(CNRB) <b>CHICKEN BURRITO</b> CUCUMBER FRESH APPLE SLICES WG TORTILLA 1% MILK	(IDAHO CACFP) <b>TOASTED CHEESE SANDWICH</b> HONEYDEW CUBES TOMATO SOUP WG BREAD 1%MILK	(D-23) <b>PIZZA WITH GROUND BEEF TOPPING</b> TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG PIZZA CRUST 1%MILK	(D-09A) <b>TORTILLA ROLL-UP</b> YELLOW & RED PEPPERS FRESH ORANGE SLICES WG TORTILLAS 1%MILK	(D-5) <b>OVEN BAKED PARMESAN CHICKEN</b> PEAR SLICES TOMATO WEDGES WG ROLL 1%MILK
<b>SNACK</b> (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	<b>CARROT STICKS</b> 1% MILK	<b>YOGURT</b> -- WHOLESOME FARMS LOW FAT STRAWBERRY 1%MILK	<b>MANDARIN ORANGES</b> 1%MILK	<b>WG GRAHAM CRACKERS</b> 1%MILK	<b>FRESH APPLE SLICES</b> 1%MILK
WEEK 4	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<b>BREAKFAST</b> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	<b>OATMEAL</b> MIXED BERRIES 1%MILK	(A-11B) <b>OATMEAL MUFFIN SQUARES</b> (or Muffin) DICED MANGO 1%MILK	<h2>NO SCHOOL – CHRISTMAS BREAK</h2>		
<b>LUNCH</b> • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods	(D-03) <b>BEEF &amp; SPAGHETTI CASSEROLE</b> MIXED FRUIT GREEN BEANS WG SPAGHETTI NOODLES 1%MILK	(IDAHO CACFP) <b>TUNA SALAD SANDWICH</b> APPLE WEDGES CELERY STICKS WG BREAD 1%MILK			
<b>SNACK</b> (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	<b>GOLDFISH CRACKERS</b> 1% MILK	<b>WG BREAD STICKS W/ MARINARA SAUCE</b> 1%MILK			

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SITE NAME \_\_\_\_\_

WEEK 5	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>• Grains, or meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> <li>• Other Foods</li> </ul> <hr/> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Vegetables • Fruits/Veg</li> <li>• Grains</li> <li>• Fluid Milk</li> <li>• Other Foods</li> </ul> <hr/> <p><b>SNACK</b> (Select two of these five components)</p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Vegetables • Fruits</li> <li>• Grains • Fluid Milk</li> </ul>	<h2>NO SCHOOL – CHRISTMAS BREAK</h2>				

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