

DECEMBER 2022 MENU 12 to 36 Months



SITE NAME _____

| WEEK 1 | MONDAY (NOVEMBER 29 TH) | TUESDAY (NOVEMBER 30 TH) | WEDNESDAY (NOVEMBER 31 ST) | THURSDAY 1 | FRIDAY 2 |
|---|---|---|---|--|--|
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | SCRAMBLED EGGS W/ CHEESE MANDARIN ORANGES WG TOAST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | COLD CEREAL* -General Mills Multigrain Cheerios PEACH SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (IDAHO CACFP) WG PATTY CAKE PANCAKE APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | OATMEAL CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (A-11B) OATMEAL MUFFIN SQUARES (or Muffin) PEAR SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods | (F-12) BEEF SLOPPY JOE ON ROLL MIXED FRUIT GREEN BEANS WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (D-10) TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (WR-14) HAMBURGER CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (CNRB) SWEET & SASSY CHICKEN PINEAPPLE CHUNKS RED & GREEN PEPPERS WG BROWN RICE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (D-21A) BEAN BURRITO W/CHEESE CHERRY TOMATOES CUCUMBERS ORANGE SECTIONS WG TORTILLAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | AVOCADO GOLDFISH CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | YOGURT - WHOLESOME FARMS LOW FAT VANILLA MIXED BERRIES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | HANDS ON CEREAL BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | FRESH ORANGE SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | WG GRAHAM CRACKER WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| WEEK 2 | MONDAY 5 | TUESDAY 6 | WEDNESDAY 7 | THURSDAY 8 | FRIDAY 9 |
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | (IDAHO CACFP) WG FANTABULOUS FRENCH TOAST APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | CREAM OF WHEAT FARINA PLUMS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | WG ENGLISH MUFFIN HONEYDEW SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (IDAHO CACFP) EGG & CHEESE BURRITO BANANA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | YOGURT - WHOLESOME FARMS OW FAT VANILLA PEACHES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods | (CNRB) TUNA & WG EGG NOODLES PEA AND CARROT MEDLEY MANDARIN ORANGES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (WR-2) CHICKEN ENCHILADA CASSEROLE GREEN BEANS PEAR SLICES WG CORN TORTILLAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (WR-5) TACO SOUP/CHEESE KALE CHIPS PEACHES WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (D-20) MACARONI & CHEESE FRESH CANTELOPE BROCCOLI WG MACARONI NOODLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (FH) BLACK BEAN SOUP SLICED AVOCADO WG CORN BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | COTTAGE CHEESE BANANA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (IDAHO CACFP) WHITE BEAN DIP BAKED TORTILLA STRIPS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (A-3) BLUEBERRY MUFFIN WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |

*All cold cereals served are based upon WIC cereal list
 *ALL INFANT FORMULAS MUST BE IRON FORTIFIED (IFIF)
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

DECEMBER 2022 MENU 12 to 36 Months



SITE NAME _____

| WEEK 3 | MONDAY 12 | TUESDAY 13 | WEDNESDAY 14 | THURSDAY 15 | FRIDAY 16 |
|---|---|--|---|---|--|
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | TOASTED MINI WG BAGEL PEAR SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (A-09B) BISCUITS & SAUSAGE GRAVY MIXED FRUIT WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | WG TOAST PEACH SLICES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | COLD CEREAL* -General Mills Kix BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (A-11B) WG MUFFIN SQUARES FRESH FRUIT WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods | (CNRB) CHICKEN BURRITO CUCUMBER FRESH APPLE SLICES WG TORTILLA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (IDAHO CACFP) TOASTED CHEESE SANDWICH HONEYDEW CUBES TOMATO SOUP WG BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (D-23) PIZZA WITH GROUND BEEF TOPPING TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG PIZZA CRUST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (D-09A) TORTILLA ROLL-UP YELLOW & RED PEPPERS FRESH ORANGE SLICES WG TORTILLAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (D-5) OVEN BAKED PARMESAN CHICKEN PEAR SLICES TOMATO WEDGES WG ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | COOKED CHOPPED CARROT STICKS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | YOGURT - WHOLESOME FARMS LOW FAT STRAWBERRY WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | MANDARIN ORANGES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | WG GRAHAM CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) |
| WEEK 4 | MONDAY 19 | TUESDAY 20 | WEDNESDAY 21 | THURSDAY 22 | FRIDAY 23 |
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | OATMEAL MIXED BERRIES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (A-11B) OATMEAL MUFFIN SQUARES (or Muffin) DICED MANGO WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | <h2>No School – Christmas Break</h2> | | |
| LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods | (D-03) BEEF & SPAGHETTI CASSEROLE MIXED FRUIT GREEN BEANS WG SPAGHETTI NOODLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | (IDAHO CACFP) TUNA SALAD SANDWICH APPLESAUCE PEAS WG BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | | | |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | GOLDFISH CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | WG BREAD STICKS W/ MARINARA SAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS) | | | |

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SITE NAME _____

| WEEK 5 | MONDAY 26 | TUESDAY 27 | WEDNESDAY 28 | THURSDAY 29 | FRIDAY 30 |
|---|--------------------------------------|------------|--------------|-------------|-----------|
| BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods | <h2>NO SCHOOL – CHRISTMAS BREAK</h2> | | | | |
| LUNCH • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Fluid Milk • Other Foods | | | | | |
| SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk | | | | | |

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