

# DECEMBER MENU 2017



MON

TUE

WED

THU

FRI

				<b>1</b>
<p><b>Purees:</b> Swiss Chard/ Kale Lentils Apple Squash/ Sweet Potato Peas Egg Yogurt</p>				<p>Breakfast: Whole Grain Cereal &amp; Grassfed Milk (V) (EF) AM Snack: Fruit Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: Fruit Lunch: BUTTERNUT SQUASH MAC-N-CH PM Snack: Veggies</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: Fruit Lunch: Fresh Baked Local Ham &amp; Cheese Whole Grain Sandwich PM Snack: Veggies</p>	<p>Breakfast: Whole Grain Muffins (V/DF/GF) AM Snack: Veggies Lunch: Pita &amp; Hummus (V/EF) PM Snack: Banana &amp; Dark Chocolate Chips</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/ DF/ GF) AM Snack: Apple Sauce Lunch: Lentil Soup PM Snack: Veggies</p>	<p>Breakfast: Whole Grain Cereal &amp; Grassfed Milk (V) (EF) AM Snack: Fruit Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: Fruit Lunch: Lima Farms Beef Pasta Bolognese Lentil Bolognese (V OPTION) PM Snack: Veggies</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: <b>Birthday Celebration Fruit</b> Lunch: Grilled Cheese PM Snack: Veggies</p>	<p>Breakfast: Lancaster Farms Scrambled Eggs AM Snack: Fruit Lunch: Chicken Noodle Soup (DF) PM Snack: Cheese</p>	<p>Breakfast: Avocado Toast (V/ DF) AM Snack: Fruit Lunch: Veggie Quesadilla (V/EF) PM Snack: Chia Pudding</p>	<p>Breakfast: Whole Grain Cereal &amp; Grassfed Milk (V) (EF) AM Snack: Fruit Lunch: Pizza Friday! (EF/V) PM Snack: Veggies  <b>PARENTS NIGHT OUT!</b></p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: Fruit Lunch: BUTTERNUT SQUASH MAC-N-CH PM Snack: Veggies</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: Fruit Lunch: Fresh Baked Local Ham &amp; Cheese Whole Grain Sandwich PM Snack: Veggies</p>	<p>Breakfast: Whole Grain Muffins (V/DF/GF) AM Snack: Veggies Lunch: Pita &amp; Hummus (V/EF) PM Snack: Banana &amp; Dark Chocolate Chips</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/ DF/ GF) AM Snack: Apple Sauce Lunch: Lentil Soup PM Snack: Veggies</p>	<p>Breakfast: Whole Grain Cereal &amp; Grassfed Milk (V) (EF) AM Snack: Fruit Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
 <p>School Closed</p>	School Closed	School Closed	School Closed	School Closed

V = Vegetarian GF = Gluten Free EF = Egg Free DF = Dairy Free