

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12/1*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Pineapple (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	12/2-Cheese Cubes (1oz) Sunflower Kernels (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Raisins (1.3oz-1.5oz =1/4c) WG Crackers (22g) 1% Milk (8oz)	12/3-*Beef Pepperoni & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
12/6-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Tropical Fruit Cocktail (1/4c) WG Crackers (22g) 1% Milk (8oz)	12/7-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	12/8-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	12/9-*Beef Pepperoni (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Cucumber Slices (1/2c) LF French Dressing Pears (1/4c) WG Cornbread (34g) 1% Milk (8oz)	12/10-*Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
12/13-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	12/14-BBQ Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) ½ Fresh Orange (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	12/15-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	12/16-*Beef Pepperoni (2oz) Cheese (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Peaches (1/4c) WG Cornbread (34g) 1% Milk (8oz)	12/17-*Beef Bologna & Cheese (3oz) on Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
12/20-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk (8oz)	12/21-Buffalo Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) Tropical Fruit Cocktail (1/4c) WG Tortilla (28g) 1% Milk (8oz)	12/22-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Pineapple (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	12/23-Cheese Cubes (1oz) Sunflower Kernels (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Raisins (1.3oz-1.5oz =1/4c) WG Crackers (22g) 1% Milk (8oz)	12/24-*Beef Pepperoni & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
12/27-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Tropical Fruit Cocktail (1/4c) WG Crackers (22g) 1% Milk (8oz)	12/28-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	12/29-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	12/30-*Beef Pepperoni (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Cucumber Slices (1/2c) LF French Dressing Pears (1/4c) WG Cornbread (34g) 1% Milk (8oz)	12/31-*Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)