

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12/1-*Beefaroni Beef in recipe(1.5oz) Cheese in recipe (.5oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)	12/2-*Fajita Chicken (2oz) Corn (1/2) Fresh Fruit (1/4c) WG Tortilla (28g) 1% Milk (8oz)	12/3-*BBQ Beef (2oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WW Bun (25g) 1% Milk (8oz)
12/6-*Chicken Nuggets (2oz) Ketchup Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WG Brown Rice(1/2c) 1% Milk (8oz)	12/7-*Hamburger (2oz) Ketchup or Mustard Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)	12/8-*Macaroni & Cheese Cheese in recipe (2oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)	12/9-*BBQ Chicken (2oz) Corn (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)	12/10-*Baked Ziti Pasta Ground beef or turkey (2oz) Cheese in recipe (.5oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)
12/13-*Meatballs (3x1oz) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WG Brown Rice (25g) 1% Milk (8oz)	12/14-*Chicken Leg (2oz) Carrots (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)	12/15-*Baked Ziti Pasta Ground beef or turkey (2oz) Cheese in recipe (.5oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)	12/16-*Salisbury Steak (2oz) Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WG Soft Roll (25g) 1% Milk (8oz)	12/17--*Beef & Bean Burrito (2oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Tortilla (28g) 1% Milk (8oz)
12/20-Chicken Patty (2oz) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)	12/21-*Teriyaki Chicken (2oz) Corn (1/2c) Fresh Fruit (1/4c) WG Brown Fried Rice (1/2c) 1% Milk (8oz)	12/22-*Chicken Alfredo Pasta Chicken in recipe (2oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)	12/23-*Beef & Bean Chili Beef & Beans in recipe (2oz) Green Peas (1/2c) Fresh Fruit (1/4c) WG Soft Roll (25g) 1% Milk (8oz)	12/24-*Beefaroni Beef in recipe (1.5oz) Cheese in recipe (.5oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)
12/27-*Meatballs (3x1oz) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)	12/28-*Chicken Nuggets (2oz) Ketchup Baked Beans (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)	12/29-*Beefaroni Beef in recipe(1.5oz) Cheese in recipe (.5oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)	12/30-*Fajita Chicken (2oz) Corn (1/2) Fresh Fruit (1/4c) WG Tortilla (28g) 1% Milk (8oz)	12/31-*BBQ Beef (2oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WW Bun (25g) 1% Milk (8oz)