



December 2022 Freeze & Thaw Meal Menu



Mon	Tue	Wed	Thu	Fri / Sat / Sun
28 WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	29 Turkey-ham & Cheese on a WGR Hawaiian Bun (3.1oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	30 Chicken Biscuit WGR Bun (3.15oz) String Cheese Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	1 Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2 oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	2/3/4 Mini Bagels (2.43 oz) Mozzarella String Cheese Sunflower Seed Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)
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5 WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	6 Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) Mayo/Mustard/Ketchup 1% Low Fat Milk (0.5pt).	7 Chili Cheese Dog: WGR Bun (4.5oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	8 Turkey-ham & Cheese on a WGR Croissant Bun (4.60 oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	9/10/11 Mini Bagels (2.43 oz) Mozzarella String Cheese Sunflower Seed Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)
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12 WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	13 Italian Combo Sanwich WGR Bun (4.5oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	14 Chicken Biscuit WGR Bun (3.15oz) String Cheese Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Ranch	15 Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2 oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt).	16/17/18 Mini Bagels (2.43 oz) Mozzarella String Cheese Sunflower Seed Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)
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19 WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	20 Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) Mayo/Mustard/Ketchup 1% Low Fat Milk (0.5pt).	21 Chili Cheese Dog: WGR Bun (4.5oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)	22 Turkey-ham & Cheese on a WGR Croissant Bun (4.60 oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	23/24/25 Mini Bagels (2.43 oz) Mozzarella String Cheese Sunflower Seed Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)
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26 Holiday	27 Italian Combo Sanwich WGR Bun (4.5oz) Sunflower Seeds (1 oz) Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard	28 Chicken Biscuit WGR Bun (3.15oz) String Cheese Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Ranch	29 Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2 oz) Vegetable Cup (4oz) Applesauce Cup (4oz)	30/31/1 Mini Bagels (2.43 oz) Mozzarella String Cheese Sunflower Seed Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt)
Acronyms WGR: Whole Grain Rich Note: All main component food items have CN label	Identification of mixed foods Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup may be one of: peas & carrots, peas, corn, green beans, or carrots.	Required Disclaimers Children 24 months and older will be served 1% or fat free milk Water is available to all participants through a water fountain This Institution is an Equal Opportunity Provider		Special Notes This menu may change without notice due to supply issues Items are delivered and served cold