



December 2022 Hot Meal Menu



Mon	Tue	Wed	Thu	Fri
28	29	30	1	2
Chicken Lo mein (3oz), cheesy broccoli (4oz), wheat roll, orange	Chicken and Cheese Whole Wheat Enchilada (5oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz)	Cheese Ravioli (4oz) Roasted Peas and Carrots (4oz) Whole Wheat Roll (1.5oz) Applesauce Cup (4oz)	Seasoned Turkey, Bean and Cheese Burrito (4.25oz) Roasted Corn (4oz) Spanish Brown Rice (3oz) Fresh Apple	Roasted Turkey Breast Bites (3oz), Mashed Potatoes(3oz) and Gravy, Green Beans (4oz), Graham Crackers (0.5) Applesauce (4oz)
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
Sunbutter Crustless Sandwich (Grape) (2.8 oz) Mozzarella String Cheese (1 oz) Baby Carrots (2.5 oz) Applesauce Cup (4.5 oz)	Whole Wheat Chicken Quesadilla (4oz), Pinto Beans(3oz), Rosemary Zucchini with Cherry Tomatoes(4oz), and Pear cup (4oz)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Whole Wheat Roll (1.25oz) Applesauce(4oz)	2 Mini All Beef Hot Dogs with Buns (4 oz), Chili (3oz) Roasted Green Beans (4oz) Graham Crackers (0.5oz) Fresh Apple	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz) Seasoned Carrots (4 oz), and a Peach Cup (4oz)
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Mon	Tue	Wed	Thu	Fri
12	13	14	15	16
Meatloaf(3.0oz) with Mashed Potatoes (3oz), Green Beans(4oz) and gravy Graham Crackers(.5oz), Orange	Sunbutter Crustless Sandwich (Grape) (2.8 oz) Mozzarella String Cheese (1 oz) Baby Carrots (2.5 oz) Applesauce Cup (4.5 oz)	Turkey-ham & Cheese on a WGR Hawaiian Bun (3.1oz) Mozzarella StringCheese (1 oz) Baby Carrots (2.5 oz) Applesauce Cup (4.5 oz)	Orange Sesame Chicken (3.5 oz) Asian Brown Rice (2 oz) Seasoned Broccoli (4 oz) Fresh Apple	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz) Seasoned Carrots (4 oz), and a Peach Cup (4oz)
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Mon	Tue	Wed	Thu	Fri
19	20	21	22	23
Chicken Lo mein (3oz), cheesy broccoli (4oz), wheat roll, orange	Chicken and Cheese Whole Wheat Enchilada (5oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz)	cold meals	cold meals	cold meals
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Mon	Tue	Wed	Thu	Fri
26	27	28	29	30
cold meals	cold meals	cold meals	cold meals	cold meals
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
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