



# December 2023 Cold Meal Menu



Mon	Tue	Wed	Thu	Fri / Sat / Sun
27	28	29	30	1/2/3
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Vegetable Cup (4oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Tajin/Ranch
Mon	Tue	Wed	Thu	Fri / Sat / Sun
4	5	6	7	8/9/10
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bagel W/ Cream Cheese (2.43oz) Mozzarella String Cheese (1oz) Sunflower Seeds (1oz) Vegetable Cup (4oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt)	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fresh Oranges 1% Low Fat Milk (0.5pt) Tajin/Ranch
Mon	Tue	Wed	Thu	Fri / Sat / Sun
11	12	13	14	15/16/17
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Apples 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Vegetable Cup (4oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Tajin/Ranch
Mon	Tue	Wed	Thu	Fri / Sat / Sun
18	19	20	21	22/23/24
WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots x 2 (3.2 oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt) Tajin	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt). Mayo/Mustard/Ketchup	Bagel W/ Cream Cheese (2.43oz) Mozzarella String Cheese (1oz) Sunflower Seeds (1oz) Vegetable Cup (4oz) Fresh Grapes (2.5 oz) 1% Low Fat Milk (0.5pt)	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fresh Oranges 1% Low Fat Milk (0.5pt) Tajin/Ranch
Mon	Tue	Wed	Thu	Fri / Sat / Sun
25	26	27	28	29/30/31
<b>HOLIDAY</b>	Mini-Cheeseburger Sliders x2 (4oz) WGR Bread Vegetable Cup (4oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Mayo/Mustard/Ketchup	Bean & Cheese Burrito (5.2oz) WGR Tortilla Salsa Dipping Cup (2oz) Vegetable Cup (4oz) Fresh Apples 1% Low Fat Milk (0.5pt) Ranch	WGR Grilled Cheese Sandwich (4.19oz) Vegetable Cup (4oz) Applesauce Cup (4oz) 1% Low Fat Milk (0.5pt)	Chicken Biscuit WGR Bun (3.15oz) Sunflower Seeds (1 oz) Baby Carrots x 2 (3.2 oz) Fruit Cup (4oz) 1% Low Fat Milk (0.5pt) Tajin/Ranch
<u>Acronyms</u> WGR: Whole Grain Rich Note: All main component food items have CN label	<u>Identification of mixed foods</u> Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup may be one of: peas & carrots, peas, corn, green beans, or carrots.	<u>Required Disclaimers</u> 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		<u>Special Notes</u> This menu may change without notice due to supply issues Items are delivered and served cold