



DECEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday
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			<u>Breakfast</u> Oatmeal Applesauce <u>Lunch</u> Chicken Patties/Bun Carrots Pears <u>Snack</u> Muffins
5	6	7	8
<u>Breakfast</u> Corn Flakes Mandarin Oranges <u>Lunch</u> Turkey/Bun Broccoli Fruit Cocktail <u>Snack</u> Chex Mix/Cheese Sticks	<u>Breakfast</u> Yogurt/Peaches Graham Crackers <u>Lunch</u> Tator Tot Hotdish Green Beans Pineapple/Bread <u>Snack</u> Muffins	<u>Breakfast</u> Oatmeal Pears <u>Lunch</u> Popcorn Chicken Mashed Potatoes Corn/Bread Sticks <u>Snack</u> Crackers/Fruit Cocktail	<u>Breakfast</u> Waffles Applesauce <u>Lunch</u> Cheeseburgers/Bun Cucumbers Peaches <u>Snack</u> Yogurt/Pineapple
12	13	14	15
<u>Breakfast</u> Corn Flakes Pears <u>Lunch</u> Hot Ham & Cheese/Bun Carrots Peaches <u>Snack</u> Cheddar Goldfish Cheese Sticks	<u>Breakfast</u> Muffins Mandarin Oranges <u>Lunch</u> Fish Sticks Mashed Potatoes Pears/Bread <u>Snack</u> Yogurt Pineapple	<u>Breakfast</u> Cheerios Peaches <u>Lunch</u> Pasta/Meatballs/Sauce Green Beans Fruit Cocktail <u>Snack</u> Graham Crackers	<u>Breakfast</u> French Toast Sticks Applesauce <u>Lunch</u> Sweet/Sour Chicken Brown Rice Broccoli Pineapple <u>Snack</u> Muffins Mandarin Oranges
19	20	21	
<u>Breakfast</u> Cheerios Fruit Cocktail <u>Lunch</u> Sun Butter/Jelly Sandwiches Peas Peaches <u>Snack</u> Cheese/Crackers	<u>Breakfast</u> Yogurt/Berries Graham Crackers <u>Lunch</u> Popcorn Chicken Buttered Noodles Cooked Carrots Fruit Cocktail <u>Snack</u> Muffins	<u>Breakfast</u> Oatmeal Applesauce <u>Lunch</u> Hot Hamburgers Mashed Potatoes Corn Bread <u>Snack</u> Fruit Cocktail/Crackers	

All meals served with milk and water

All bread/grain is whole grain

All meals are subject to change

Head Start/Early Head Start is an equal opportunity provider

SEE YOU
IN THE
NEW YEAR!