

DECEMBER

Ages 6-18

2018

<p>3 Fried Chicken—3 oz. WG Mac N Cheese—3 oz. Cherry Tomatoes—1/2 c. (FR) Applesauce—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>4 Beef Tacos—2 oz. WG Taco Shell—2 each Lettuce/Tomatoes—1/2 c. (FR) Pineapple—1/2 c (FR) Skim Milk—8 fl. oz.</p>	<p>5 Chicken Lasagna—3 oz. WG Breadstick—1 each Mix Veggies—1/2c(FZ) Cantaloupe—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>6 Cheeseburger Casserole—4 oz. WG Garlic Bread—1 slice Green Beans—1/2 c (FZ) Watermelon—1/2 c(FR) Skim Milk—8 fl. oz.</p>	<p>7 Turkey Hot Dog—1 each WG Bun—1 each Garden Salad—1 cup (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>10 Beef Lasagna—4 oz. WG Breadstick—1 each Garden Salad—1 cup (FR) Fruit Cocktail—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>11 Baked Chicken—3oz. WG Honey Roll—1 each Glazed Carrots—1/2 c.(FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>12 Chicken Fajitas—4 oz. WG Tortilla—1 each Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>13 Cheeseburger—2 oz. WG Bun—1 each Roasted Potatoes—1/2 cup Pineapple Slice—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>14 Cheese Pizza - 2 slices Vegetable Juice—4 fl. oz. Banana—1 each Skim Milk—8 fl. oz.</p>
<p>17 Sloppy Joey's—3 oz. Whole Wheat Bun—1 each Corn on the Cob—4 oz. (FZ) Apple—1 each (FR) Skim milk—8 fl. oz.</p>	<p>18 Beef Chili Mac—4 oz. (WG) Baked Potato—1/2 cup (FR) Fresh Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>19 Orange Chicken—1 thigh WG Honey Roll—1 each Carrots w/ Ranch—1/2 cup (FR) Mandarin Oranges - 1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>20 BBQ Smoked Beef Sausage— 1 each WG Bun—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>21 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>

