Plated Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| **30****Boneless Chicken Wings – 3 oz.****WG Roll – 1 each****Celery w/ Ranch – ½ c. (FR)****100% Juice – 1 each****Skim Milk – 8 fl. oz.** | **1****WG Mini Pancakes w/ Turkey Sausage – 6 each****Baby Carrots w/ Ranch – ½ c. (FR)****100% Juice – 1 each****Skim Milk - 8 fl. oz.** | **2****WG Mini Corndogs – 4 each****3 Bean Salad – ½ cup** **100% Juice – 1 each****Skim Milk - 8 fl. oz.** | **3****WG Chicken Eggroll – 3 oz.****Broccoli w/ Ranch – ½ c. (FR)****100% Juice – 1 each****Skim Milk - 8 fl. oz.** | **4****Turkey Sausage Pizza – 2 each** **Coleslaw – 1/2 cup****100% Juice – 1 each****Skim Milk - 8 fl. oz.** |
| **7****WG Soft Pretzel – 1 oz.****Cheese Cup – 4 oz.****Broccoli w/Ranch – 1/2 cup (FR)****Nectarine/Fruit cup – 1 each or ½ cup (FR/CN)****Skim Milk – 8 fl. Oz.** | **8****Enriched Pita Chips – 1.5 oz.****Hummus – 2 oz.****Baby Carrots w/ Ranch – ½ c. (FR)****Apple/Applesauce – 1 each or ½ cup (FR/CN)****Skim Milk—8 fl. oz.** | **9****Granola Bar – .84 oz.****Yogurt – 4 oz.****Celery w/ Ranch – ½ c. (FR)****Banana—1 each** **Skim Milk—8 fl. oz.** | **10****Bagel – 1 oz.****Cream Cheese—4 oz.****!00% Veggie Juice—4 fl. oz.****Clementine – 1 each****Skim Milk—8 fl. oz.** | **11****Lunchable****Turkey & Cheese—2 oz.****WG Crackers—1 oz.****100% Veggie Juice – 4 fl. oz.****Fruit Cup—1/2 cup (CN)****Skim Milk—8 fl. oz.** |
| **14****String Cheese – 2 oz.****WG Graham Crackers – 1 each****Baby Carrots w/ Ranch – ½ c. (FR)****Plum/Fruit cup – 1 each or ½ cup (FR/CN)****Skim Milk—8 fl. oz.** | **15****WG Tortilla Chips – 1 oz.****Nacho Cheese Cup – 4 oz.****Broccoli Salad – ½ c. (FR)****Grapes- ½ cup (FR)****Skim Milk—8 fl. oz.** | **16****Uncrustable****Soybutter – 2 oz.****WG Bread – 1 each****Celery w/ Ranch – ½ c. (FR)****Banana – 1 each****Skim Milk – 8 fl. Oz.** |

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| **17****Cereal Bar – 1 oz.****Yogurt – 4 oz.****Celery w/ Ranch – ½ c. (FR)****Apple/Applesauce – 1 each or ½ cup (FR/CN)****Skim Milk—8 fl. oz.** | **6****Meatball Sub—2 oz.** **WG Bun—1 each** **Broccoli & Cheese—1/2 cup (FZ)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** |

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| **18****Lunchable****Pepperoni/Cheese—2 oz.****WG Crust—1 oz.****100% Veggie Juice – 4 fl. oz.****Fruit Cup—1/2 cup (CN)****Skim Milk—8 fl. oz.** | **6****Meatball Sub—2 oz.** **WG Bun—1 each** **Broccoli & Cheese—1/2 cup (FZ)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** |

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| **21****WG Soft Pretzel – 1 oz.****Cheese Cup – 4 oz.****Broccoli w/Ranch – 1/2 cup (FR)****Nectarine/Fruit cup – 1 each or ½ cup (FR/CN)****Skim Milk – 8 fl. Oz.** | **22****WG Pita Chips – 1.5 oz.****Hummus – 2 oz.****Baby Carrots w/ Ranch – ½ c. (FR)****Apple/Applesauce – 1 each or ½ cup (FR/CN)****Skim Milk—8 fl. oz.** | **23****Granola Bar – 1 oz.****Yogurt – 4 oz.****Celery w/ Ranch – ½ c. (FR)****Banana—1 each** **Skim Milk—8 fl. oz.** | vector text happy holidays on white background. Calligraphy lettering  Vector illustration EPS10 - Download Free Vectors, Clipart Graphics &  Vector Art |
| **28****String Cheese – 2 oz.****WG Graham Crackers – 1 each****Baby Carrots w/ Ranch – ½ c. (FR)****Plum/Fruit cup – 1 each or ½ cup (FR/CN)****Skim Milk—8 fl. oz.** | **29****WG Tortilla Chips – 1 oz.****Nacho Cheese Cup – 4 oz.****Broccoli Salad – ½ c. (FR)****Grapes- ½ cup (FR)****Skim Milk—8 fl. oz.** | **30****Uncrustable****Soybutter – 2 oz.****WG Bread – 1 each****Celery w/ Ranch – ½ c. (FR)****Banana – 1 each****Skim Milk – 8 fl. Oz.** |