Plated Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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.** | |  |  | | --- | --- | | **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.** | | |  |  | | --- | --- | | **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.** | |
| **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.** |