



December 2024 Hot Meal Menu



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Herb Roasted chicken(4.5), Broccoli Cauliflower(2.75oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	Whole Wheat Chicken Quesadilla (4oz),Pinto Beans (3oz),Southwest Corn (4oz) and Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Wheat Roll (1.25oz) Applesauce(4oz), 1% Low Fat Milk (0.5pt)	2 Mini All Beef Hot Dogs with Buns (4 oz), Chili (3oz) Roasted Green Beans (4oz) Graham Crackers (0.5oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz) Seasoned Carrots (4oz), and a Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
9	10	11	12	13
Salisbury Steak (4oz) with Mashed Potatoes (3oz), Green Beans (4oz) and Gravy, Graham Crackers (.5oz) x2 Oranges, 1% Low Fat Milk (0.5pt)	Baked Chicken Wings (7.4oz) Cheesy Potatoes (3oz) Peas (4oz) Graham Crackers (0.5oz) x2 Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Turkey Bites & Mac(4.5oz), Rosemary Zucchini with Cherry Tomatoes(4oz), and a Pear cup(4oz), 1% Low Fat Milk (0.5pt)	Orange Sesame Chicken (3.5oz) Asian Brown Rice (2oz) Seasoned Broccoli (4oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz) Roasted Potato Wedges (3oz) Seasoned Carrots (4oz) Peach Cup (4.5oz),1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
16	17	18	19	20
Chicken Lo Mein(3oz), Broccoli and Cheese(4oz), Wheat Roll (1.25oz), Orange, 1% Low Fat Milk (0.5pt)	Chicken and Cheese Whole Wheat Enchilada (5 oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz), 1% Low Fat Milk (0.5pt)	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots (2.5oz) Applesauce Cup (4.5oz) 1% Low Fat Milk (0.5pt)	Seasoned Turkey, Bean & Cheese Burrito (4.25oz) Roasted Corn (4oz) Spanish Brown Rice (3oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Lasagna with Meat Sauce(6oz), Cheese Broccoli (4oz) and Wheat Roll (1.25oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
23	24	25	No delivery 26	No delivery 27
Herb Roasted chicken(4.5), Broccoli Cauliflower(2.75oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	Whole Wheat Chicken Quesadilla (4oz),Pinto Beans (3oz),Southwest Corn (4oz) and Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Christmas Food bank Closed	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots (2.5oz) Applesauce Cup (4.5oz) 1% Low Fat Milk (0.5pt)	WGR Sunbutter Crustless Sandwich - Grape (2.8oz) Mozzarella String Cheese (1oz) Baby Carrots (2.5oz) Applesauce Cup (4.5oz) 1% Low Fat Milk (0.5pt)
<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 Hot Pork free Menu