

**Early Learning Center**  
**Month: December 2024**

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday December 2</b>	<b>Tuesday December 3</b>	<b>Wednesday December 4</b>	<b>Thursday December 5</b>	<b>Friday December 6</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pineapple</b>	<b>Mango</b>	<b>Mandarin Oranges</b>	<b>Mixed Berries</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Rice Krispies Cereal</b>	<b>Kix Cereal</b>	<b>Corn Flakes Cereal</b>	<b>Rice Chex Cereal</b>	<b>Cheerios Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup	<b>Diced Carrots</b>	<b>Mixed Vegetables</b>	<b>Zucchini</b>	<b>Broccoli</b>	<b>Cucumber Slices</b>
	<b>Fruit</b>	¼ cup	1/4 cup	¼ cup	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Apple Slices</b>	<b>Pears</b>	<b>Orange Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>BBQ Chicken Breast</b>	<b>Diced Chicken and Salsa</b>	<b>Baked Fish with Plain Bread Crumbs</b>	<b>English Muffin Pizzas (Whole Grain English Muffin, tomato sauce, mozzarella cheese)</b>	<b>Egg Salad (diced egg, mayo, mustard, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Grain Slider Roll</b>	<b>Whole Wheat Tortilla</b>	<b>Whole Wheat Dinner Roll</b>	<b>Whole Grain English Muffin</b>	<b>Whole Wheat Bread</b>
	<b>Add. Food option</b>						<b>Ketchup</b>		
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Apple Juice</b>	<b>Water</b>	<b>Orange Juice</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					<b>Apple Slices</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Animal Crackers</b>	<b>Baked Soft Pretzels</b>	<b>Multi-Grain Club Crackers and Cheddar Cheese Slices</b>	<b>Pretzels (infants/ tods- Saltine Crackers)</b>	<b>Wheat Thin Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday December 9</b>	<b>Tuesday December 10</b>	<b>Wednesday December 11</b>	<b>Thursday December 12</b>	<b>Friday December 13</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Peaches</b>	<b>Strawberries</b>	<b>Mango</b>	<b>Orange Slices</b>	<b>Mixed Fruit</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Corn Chex Cereal</b>	<b>Whole Grain Waffle Sticks</b>	<b>Life Cereal</b>	<b>Multi-Grain Cheerios Cereal</b>	<b>Corn Flakes Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	1/2 cup	<b>Peas</b>	<b>Beets</b>	<b>Diced Potatoes with Oregano and Olive oil</b>	<b>Salad (lettuce, shredded carrot, cabbage) tods- lettuce</b>	<b>Carrot Sticks (blanched for inf/tods)</b>
	<b>Fruit</b>	¼ cup	1/4 cup	¼ cup	<b>Mixed Fruit</b>	<b>Apple slices</b>	<b>Pineapple</b>	<b>Pears</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Chicken Salad (Diced chicken, light mayo, dill)</b>	<b>Teriyaki Chicken Breast</b>	<b>Beef Patty</b>	<b>Kidney Beans and Shredded Cheddar Cheese</b>	<b>Tuna Salad (tuna, light mayo, dill)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Whole Grain Slider Roll</b>	<b>Whole Wheat Dinner Roll</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Wheat Thin Crackers</b>	<b>Whole Wheat Pita</b>
	<b>Add. Food option</b>						<b>Ketchup</b>	<b>LF Ranch Dressing</b>	
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Water</b>	<b>Apple Juice</b>	<b>Milk</b>	<b>White Grape Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Flat Bread and Hummus (garbanzo beans, olive oil, lemon juice, tahini)</b>	<b>Townhouse Crackers and Cheddar Cheese Slices</b>	<b>Graham Crackers</b>	<b>Whole Grain Banana Bread</b>	<b>Cheez-it Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday December 16</b>	<b>Tuesday December 17</b>	<b>Wednesday December 18</b>	<b>Thursday December 19</b>	<b>Friday December 20</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Blueberries</b>	<b>Pears</b>	<b>Mango</b>	<b>Applesauce</b>	<b>Pineapple</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	<b>Rice Chex Cereal</b>	<b>Multi-grain Cheerios Cereal</b>	<b>Kix Cereal</b>	<b>Whole Grain French Toast Sticks</b>	<b>Bran Flakes Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup	<b>Mixed Vegetables</b>	<b>Peas</b>	<b>Cauliflower</b>	<b>Yams</b>	<b>Carrot Sticks (inf/tods-blanchd)</b>
	<b>Fruit</b>	¼ cup	1/4 cup	¼ cup	<b>Peaches</b>	<b>Mixed Fruit</b>	<b>Strawberries</b>	<b>Apple Slices</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Chicken Meatballs with Chicken Gravy</b>	<b>Turkey Burgers</b>	<b>Scrambled Eggs</b>	<b>Diced BBQ Chicken</b>	<b>Sliced Turkey</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Wheat Dinner Roll</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Tortilla</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>
	<b>Add. Food option</b>					<b>Ketchup</b>			<b>Mustard</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>Apple Juice</b>	<b>Water</b>	<b>CLOSING AT 12</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	<b>Whole Grain Cheddar Goldfish</b>	<b>Whole Wheat Pita Bread and Cheddar Cheese Slices</b>	<b>Triscuit Crackers</b>	<b>Whole Grain Soft Pretzels and Cheddar Cheese Cubes</b>	

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>CLOSED December 23- January 2</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1s or 1 serving (1 oz)					
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup					
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup					
	<b>Fruit</b>	¼ cup	1/4 cup	¼ cup					
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz					
	<b>Grains (oz eq)</b>	½ s or ½ serving (1/2 oz)	½ s or ½ serving (1/2 oz)	1 s or serving (1 oz)					
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup					
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (½ oz)	1 s or serv (1 oz)					