

Tuesday, December I

Cook at Home Breakfast

Strawberry Yogurt Granola Apple Juice Diced Peaches

Lunch

Chicken Chunks with Breadstick Corn Salad Celery Sticks (5) Ranch Dressing Applesauce Fruit Punch Juice

Wednesday, December 2

Breakfast

Frosted Mini Wheats Graham Gold Fish Orange Tangerine Juice Red Delicious Apple

<u>Lunch</u>

Turkey Ham & Cheese on Croissant **Mayo** Carrot Sticks (9)

Fruit Cocktail
Wings Wednesdays:
(Production sites only)

Orange Tangerine Juice

Thursday, December 3

Cook at Home Breakfast

WG PopTarts (2 Pack) Mixed Fruit Juice Fresh Gala Apple Lunch

Breaded Beef* with Bun Cherry Tomatoes (6) with Ranch Coleslaw Cinnamon Applesauce

Fruit Punch Juice**

Friday, December 4

Breakfast

Frosted Mini Wheats with Biscuit Orange Tangerine Juice Red Delicious Apple

Lunch

Turkey Club Sub with Turkey
Bacon
Cucumber and Tomato
Salad
VBlend Juice
Fruit Cocktail
Mixed Berry Juice
Pretzels

Fiesta Friday (Production Sites Only)

Saturday, December 5

Breakfast

Assorted Cereal Graham Cracker Fruit Punch Juice Red Delicious Apple

<u>Lunch</u>

Turkey Ham & Cheese Sandwich Mini Carrots Diced Pears Orange Juice Milk

Sunday, December 6

Cook at Home Breakfast

Assorted Cereal Graham Crackers Diced Peaches Apple Juice

<u>Lunch</u>

Cheese & Marinara Meal Celery Dick & Jane Cookies Apple Juice

Monday, December 7

Breakfast

Frosted Flakes Graham Crackers Orange Tangerine Fruit Juice Fresh Gala Apple

Lunch

Grilled Cheese *
Carrot Sticks (9)
Ranch Dressing
Mandarin Oranges
Apple Juice
Shortbread Cookies

Meatless Monday Cheese Pizza (Production sites only)

Tuesday, December 8

Cook at Home Breakfast

Breaded Chicken Filet* with Biscuit Apple Juice Diced Peaches

LunchChicken Tenders* with

Breadstick
Cherry Tomatoes (6) with
Ranch
VBlend Juice
Ranch Dressing
Applesauce
Fruit Punch Juice

Wednesday, December 9

<u>Breakfast</u>

Assorted Cereal with Biscuit Orange Tangerine Juice Fresh Gala Apple

<u>Lunch</u>

Turkey Croissant Sandwich
Cucumber and Tomato
Salad
Celery Sticks (5)
Pretzels
Diced Pears
Mixed Berry Juice

Wings Wednesday (Production sites only)

Thursday, December 10

Cook at Home Breakfast

Cinnamon Toast Crunch Pastry Mixed Fruit Juice Fresh Pear

Lunch

Breaded Chicken* with Bun Coleslaw VBlend Juice Ranch Dressing Cinnamon Applesauce Fruit Punch Juice

Friday, December II Breakfast

Frosted Mini Wheats Graham Crackers Orange Tangerine Juice Red Delicious Apple

<u>Lunch</u>

Chicken Salad Croissant Chips & Salsa Corn Salad Fruit Cocktail Mixed Berry Juice

Fiesta Friday (Production sites only)

Saturday, December 12

Cook at Home Breakfast

Pancake N Link * Mixed Fruit Juice Diced Pears

<u>Lunch</u>

Roasted Chicken *
Roll
Cherry Tomatoes (6)
Mini Carrots
Ranch Dressing
Cinnamon Applesauce
Fruit Punch Juice**

Sunday, December 13

Cook at Home Breakfast

Assorted Cereal Graham Crackers Apple Juice Red Delicious Apple

Lunch

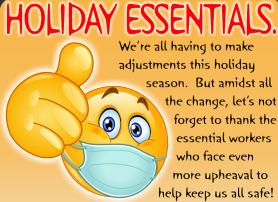
French Bread Pizza *
Black Bean Salad
VBlend Juice
Fruit Cocktail
Mixed Berry Juice

the Season

December 15 Express 15

This institution is an equal opportunity provider. Menus are subject to change.





EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER **WELLNESS IS A WAY OF LIFE!**



Monday, December 14

Meatless Monday Breakfast

Fruit Loops **Graham Crackers** Orange Tangerine Juice Fresh Gala Apple

Lunch

Cheese Dip (2) Tostito Chips Salsa VBlend luice Mandarin Oranges Apple Juice Shortbread Cookies (Production Sites: Cheese Dippers)

Tuesday, December 15

Cook at Home **Breakfast**

Strawberry Yogurt Granola Apple luice **Diced Peaches**

Lunch

Chicken Chunks with **Breadstick** Corn Salad Celery Sticks (5) Ranch Dressing **Applesauce** Fruit Punch luice

Wednesday, December 16

Breakfast

Frosted Mini Wheats Graham Gold Fish Orange Tangerine Juice **Red Delicious Apple**

Lunch

Turkey Ham & Cheese on Croissant w Mayo Carrot Sticks (9) Orange Tangerine Juice Fruit Cocktail

Holiday Meal Roast Turkey (Production sites only) Thursday, December 17

Cook at Home **Breakfast**

WG PopTarts (2 Pack) Mixed Fruit luice Fresh Gala Apple

Lunch

Breaded Beef* with Bun Cherry Tomatoes (6) with Ranch Coleslaw Cinnamon Applesauce Fruit Punch Juice

Friday, December 18

Breakfast

Frosted Mini Wheats with Biscuit Orange Tangerine Juice **Red Delicious Apple**

Lunch

Turkey Club Sub with Turkey Bacon Cucumber and Tomato Salad VBlend Juice Fruit Cocktail

Mixed Berry Juice **Pretzels** Fiesta Friday (Production Sites Only)

Saturday, December 19

Cook at Home **Breakfast**

French Toast Sticks * Syrup Apple luice **Diced Pears**

Lunch

Breaded Beef * with Bun Coleslaw VBlend Juice Ranch Dressing Cinnamon Applesauce Fruit Punch Juice

Sunday, December 20

Cook at Home **Breakfast**

Fruit Loops Cereal **Graham Crackers** Fruit Punch Juice Red Delicious Apple

Lunch

Maple Chicken Minis Black Bean Salad VBlend Juice Fruit Cocktail Mixed Berry Juice



Winter Holiday begins at the end of classes

Friday, December 18

Classes resume **Monday, January 4**

