



December 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				Crackers & Craisins (I/T: fruit)	NutriGrain Bars & Banana
Lunch				Chicken Tenders, Green Beans, Applesauce, & Milk	Sloppy Joes on a Bun, Diced Carrots, Pineapple Tidbits, & Milk
PM Snack				Corn Bread & Jelly	Carrots & Ranch Dip (I/T: Goldfish & Fruit)
AM Snack	5 Bagels & Cream Chesse	6 Blueberry Muffins & Milk	7 Vanilla Yogurt & Blueberries	8 English Muffins & Jelly	9 Cottage Cheese & Peaches
Lunch	Make your own Lunchable, Steamed Peas, Pineapple Tidbits, & Milk	Rice Chicken Bake, Diced Carrots, Diced Pears, & Milk	Kale Pesto Pasta, Corn, Mandarin Oranges, & Milk	Cheese Pizza, California Veggies, Diced Peaches, & Milk	Chicken & Cheese Quesadilla, Refried Beans, Mango, & Milk
PM Snack	Naan & Fruit	Apples & Cheese Sticks	Trail Mix	Sweet Potato Crackers & Fruit	Crackers & Craisins
AM Snack	12 Pancakes & Milk	13 Crackers & Cheese	14 Bananas & Cheerios	15 Vanilla Yogurt & Peaches	16 Biscuits & Jelly
Lunch	Mac & Cheese w/ or w/o Diced Ham, Green Beans, Peaches, & Milk	Soy Tacos with Cheese, Steamed Peas, Pineapple Tidbits, & Milk	Cheese Roll-Ups, Diced Carrots, Applesauce, & Milk	Chicken Patties, Steamed Corn, Mandarin Oranges, & Milk	Chicken Pasta Marinara, California Veggies, Mixed Fruit, & Milk
PM Snack	Apples & Crackers	English Muffins & Mango	Graham Crackers & Jelly	Pita Bread & Hummus	Chips & Guacamole (I/T: Goldfish)
AM Snack	19 Cottage Cheese & Peaches	20 Crackers & Cheese	21 Animal Crackers & Bananas	22 Cereal & Milk	23 Oatmeal & Blueberries
Lunch	Chicken Nuggets, Steamed Peas, Mandarin Oranges, & Milk	Turkey Sausage & Cheese on a Bun, Peas & Carrots, Mangos, & Milk	Garlic Butter Noodles with Chicken, Steamed Carrots, Pineapple Tidbits, & Milk	Chicken Fajita and Rice, Pears, Mixed Veggies, & Milk	Hamburgers, Potato Wedges, Steamed Carrots, Diced Peaches, & Milk
PM Snack	Vanilla Wafers & Fruit	Warm Pretzels & Cheese Dip	Goldfish & Cheese	Bosco Breadsticks & Marinara	CLOSED @ 12 - no PM snack
AM Snack	26 NutriGrain Bars & Milk	27 Muffins & Milk	28 Graham Crackers & Fruit	29 Bagels with Cream Cheese	30 Cheese Tortellini with Marinara, Green Beans, Mixed Fruit, & Milk
Lunch	Riverstone Education CLOSED	Sun Butter & Jelly Sandwiches (I/T: Cheese), Diced Carrots, Pears, & Milk	Veggie Lasagna, Garlic Bread, California Veggies, Peaches, & Milk	Grilled Cheese & Tomato Soup, Steamed Peas, Diced Pears, & Milk	Cheese Tortellini with Marinara, Green Beans, Mixed Fruit, & Milk
PM Snack		Carrots & Ranch (I/T: crackers)	Sweet Potato Crackers & Bananas	Cucumbers & Ranch	Animal Crackers to go (close @ 3)