



# December 2019 School Menu

*We serve whole grain products, fresh fruits, and no canned food.*

Cereals served: corn flakes, cheerios, Captain Crunch

Fresh Fruits Served: bananas, apples, oranges, pineapples, peaches, cantaloupe, melons, strawberries, mango, grapes (3 years or older)

Cold milk served at breakfast and lunch; water served with every meal and snack.

<p><b>2</b></p> <p><b>BKF:</b> Pancakes, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Bananas and Wheat Crackers <b>PM-</b> Cinnamon Wheat Soft Pretzel  <b>Lunch:</b> Whole Wheat Spaghetti with Meat Sauce, Fresh Steamed Carrots and Fresh Fruit (Vegetarian Option: Pasta with Spaghetti Sauce)</p>	<p><b>3</b></p> <p><b>BKF:</b> Wheat French Toast, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Cinnamon Apple Sauce and Grahams <b>PM-</b> Carroteenies with Ranch and Cheez'its (Berries &amp; Cheez'its for Young Toddlers)  <b>Lunch:</b> White Chicken Breast and Spanish Rice, Fresh Corn and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p><b>4</b></p> <p><b>BKF:</b> Biscuit with Jelly, Fresh Fruit  <b>Snacks: AM-</b> Cheerios and Captain Crunch <b>PM-</b> Fresh Baked Oatmeal Raisin Cookies  <b>Lunch:</b> Bowtie Pasta with Chicken Alfredo Sauce, Fresh Steamed Peas &amp; Carrots, &amp; Fresh Fruit (Vegetarian Option: Pasta Alfredo)</p>	<p><b>5</b></p> <p><b>BKF:</b> Bagels with Cream Cheese, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Apple Cinnamon Waffle <b>PM-</b> Vanilla Pudding and Wafers  <b>Lunch:</b> Turkey Corndogs, Fresh Steamed Broccoli with Cheese, and Fresh Fruit (Vegetarian Option: Veggie Nuggets)</p>	<p><b>6</b></p> <p><b>BKF:</b> Cereal, Oatmeal and Fresh Fruit  <b>Snacks: AM-</b> Gold Fish and Raisins (Cheerios for Young Toddlers)  <b>PM-</b> Yogurt with Granola/Berries  <b>Lunch:</b> Beef Hamburger, Fresh Lettuce and tomatoes/steamed vegetables, and Fresh Fruit (Vegetarian Option: Veggie Burger)</p>
<p><b>9</b></p> <p><b>BKF:</b> Pancakes, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Bananas and Wheat Crackers <b>PM-</b> Apple Slices/Apple Sauce and Austin Cheddar Cheese Crackers  <b>Lunch:</b> Bowtie Pasta with Chicken Alfredo and Fresh Peas &amp; Carrots, Fresh Fruit (Vegetarian Option: Alfredo Sauce with pasta)</p>	<p><b>10</b></p> <p><b>BKF:</b> Wheat French Toast with Maple Syrup, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Cinnamon Apple Sauce and Grahams <b>PM-</b> Carroteenies with Ranch and Cheez'its (Berries &amp; Cheez'its for Young Toddlers)  <b>Lunch:</b> Wheat Bun with Turkeydog with Fresh Cucumber Slices/Steamed Vegetables and Fresh Fruit (Vegetarian Option: Grilled Cheese)</p>	<p><b>11</b></p> <p><b>BKF:</b> Biscuits, Jelly, and Fresh Fruit  <b>Snacks: AM-</b> Cheerios and Raisins. <b>PM-</b> Rice Krispies and Fruit Snacks/Bananas (Yogurt &amp; fruit for Young Toddlers)  <b>Lunch:</b> Beef Macaroni and Cheese, Fresh Green Beans and Fresh Fruit (Vegetarian Option: Macaroni &amp; Cheese)</p>	<p><b>12</b></p> <p><b>BKF:</b> Bagels with Cream Cheese, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Whole Grain Strawberry Grahams <b>PM-</b>Animal Cookies and Apple Slices (Animal Cookies &amp; Apple Sauce for the Young Toddlers)  <b>Lunch:</b> Mini Chicken Tenders, Fresh Corn, &amp; Fresh Fruit (Vegetarian Option: Veggie Tenders)</p>	<p><b>13</b></p> <p><b>BKF:</b> Cereal, Oatmeal and Fresh Fruit  <b>Snacks: AM-</b> Yogurt with Granola/Berries <b>PM-</b> Trail Mix/Goldfish (Cheerios for Young Toddlers)  <b>Lunch:</b> Cheese Pizza, Garden Salad/Fresh Steamed Vegetables and Fresh Fruit</p>
<p><b>16</b></p> <p><b>BKF:</b> Pancakes, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Banana and Wheat Crackers <b>PM-</b> Vanilla Pudding and wafers  <b>Lunch:</b> Chicken Nuggets, Fresh Green Beans, and Fresh Fruit (Vegetarian Option: Veggie Chicken Nuggets)</p>	<p><b>17</b></p> <p><b>BKF:</b> Wheat French Toast with Maple Syrup, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Cinnamon Apple Sauce and Grahams <b>PM-</b> Cheese Slices on Ritz Crackers  <b>Lunch:</b> Turkey Chili with Beans and Fresh Corn, Saltines, and Fresh Fruit (Vegetarian Option: Bean Chili with Corn)</p>	<p><b>18</b></p> <p><b>BKF:</b> Biscuit, Jelly and Fresh Fruit  <b>Snacks: AM-</b> Cereal Mix <b>PM-</b> Fresh Baked Oatmeal Raisin Cookies (Berries &amp; Grahams for Young Toddlers)  <b>Lunch:</b> White Chicken Breast and Spanish Brown Rice, Fresh Peas &amp; Carrots and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p><b>19</b></p> <p><b>BKF:</b> Bagels with Cream Cheese, Cereal, Fresh Fruit  <b>Snacks: AM-</b> Apple Cinnamon Waffle (Apple Sauce &amp; Grahams for Young Toddlers) <b>PM-</b> Carroteenies with Ranch and Cheez'its (Berries &amp; Cheez'its for Young Toddlers)  <b>Lunch:</b> Turkey Steak, Fresh Steamed Carrots, &amp; Fresh Fruit (Vegetarian Option: Bean Quesadilla )</p>	<p><b>20</b></p> <p><b>BKF:</b> Cereal, Oatmeal and Fresh Fruit  <b>Snacks: AM-</b>Gold Fish and Raisins <b>PM-</b>Yogurt with Granola/Berries Cheerios for Young Toddlers)  <b>Lunch:</b> Turkey Cheese Sandwiches, Cucumber &amp; Fresh Fruit (Vegetarian Option: Grilled Cheese)</p>
<p><b>23</b></p> <p><b>BKF:</b> Pancakes, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Bananas and Wheat Crackers <b>PM-</b> Austin Cheddar Cheese Crackers and Apple Slices/Apple Sauce for Young Toddlers  <b>Lunch:</b> Wheat Bun with Turkeydog, Fresh Cucumber Slices/Steamed Vegetable and Fruit (Vegetarian Option: Bean and Cheese Quesadilla)</p>	<p><b>24</b></p> <p><b>BKF:</b> Wheat French Toast, Cereal and Fresh Fruit  <b>Snacks: AM-</b>Apple Sauce and Grahams <b>PM-</b> Rice Krispies and Fruit Snacks/Bananas (Fruits &amp; Grahams for Young Toddlers)  <b>Lunch:</b> Turkey Enchiladas with Fresh Corn, and Fresh Fruit (Vegetarian Option: Bean Enchilada)</p>	<p><b>25</b></p> <p>School Closed for Christmas Day</p>	<p><b>26</b></p> <p><b>BKF:</b> Bagels with Cream Cheese, Cereal and Fruit.  <b>Snacks: AM-</b> Whole Grain Strawberry Waffle <b>PM-</b> Animal Cookies and Apple Slices (Animal Cookies &amp; Apple Sauce for the Young Toddlers)  <b>Lunch:</b> Fish Sticks, Fresh Green Beans, and Fresh Fruit (Vegetarian Option: Fishless Filets)</p>	<p><b>27</b></p> <p><b>BKF:</b> Cereal, Oatmeal and Fresh Fruit  <b>Snacks: AM-</b> Yogurt with Granola/Berries <b>PM-</b> Trail Mix/Gold Fish (Cheerios for Young Toddlers)  <b>Lunch:</b> Beef Baked Ziti, Fresh Steamed Veggies and Fresh Fruit (Vegetarian Option: Baked Ziti)</p>
<p><b>30</b></p> <p><b>BKF:</b> Pancakes, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Bananas and Wheat Crackers <b>PM-</b> Cinnamon Wheat Soft Pretzel  <b>Lunch:</b> Whole Wheat Spaghetti with Meat Sauce, Fresh Steamed Carrots and Fresh Fruit (Vegetarian Option: Pasta with Spaghetti Sauce)</p>	<p><b>31</b></p> <p><b>BKF:</b> Wheat French Toast, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Cinnamon Apple Sauce and Grahams <b>PM-</b> Carroteenies with Ranch and Cheez'its (Berries &amp; Cheez'its for Young Toddlers)  <b>Lunch:</b> White Chicken Breast and Spanish Rice, Fresh Corn and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p><b>January 1</b></p> <p>School Closed for New Year's Day</p>	<p><b>2</b></p> <p><b>BKF:</b> Bagels with Cream Cheese, Cereal and Fresh Fruit  <b>Snacks: AM-</b> Apple Cinnamon Waffle <b>PM-</b> Vanilla Pudding and Wafers  <b>Lunch:</b> Turkey Corndogs, Fresh Steamed Broccoli with Cheese, and Fresh Fruit (Vegetarian Option: Veggie Nuggets)</p>	<p><b>3</b></p> <p><b>BKF:</b> Cereal, Oatmeal and Fresh Fruit  <b>Snacks: AM-</b> Gold Fish and Raisins (Cheerios for Young Toddlers)  <b>PM-</b> Yogurt with Granola/Berries  <b>Lunch:</b> Beef Hamburger, Fresh Lettuce and tomatoes/steamed vegetables, and Fresh Fruit (Vegetarian Option: Veggie Burger)</p>