

**The Children's Center DECEMBER 2023 Menu**  
**One and Older Chef's Choice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
1				Breakfast: Kix, pineapple, Milk  Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk  Snack: Chips and Salsa, Milk
4	5	6	7	8
Breakfast: Hot Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____	Breakfast: Pancakes, applesauce, sugar free syrup, Milk	Breakfast: Oatmeal, pineapple, Milk
Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk _____	Lunch: Meatballs on whole grain roll, tropical fruit, ^green beans, Milk	Lunch: Chili, applesauce, whole grain roll and Milk	Lunch: Grilled chicken patty on bun, corn, peas, Milk	Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	Snack: Strawberry Yogurt Snack Mix and Milk
11	12	13	14	15
Breakfast pizza, mandarin oranges and Milk	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce, Milk
Lunch: Beef Meatballs in gravy, mashed potatoes, ^green beans, whole grain roll and Milk	Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk	Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk _____	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk	Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk
Snack: Ritz crackers, cheese and water	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice fruit* & water _____	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and water
18	19	20	21	22
<b>EHS/HS Closed</b>	<b>EHS/HS Closed</b>	<b>EHS/HS Closed</b>	<b>ALL CENTERS CLOSED</b>	<b>ALL CENTERS CLOSED</b>
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links, pineapple, Milk		
Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk	Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk _____		
Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk	Snack: Pears and Milk		
25	26	27	28	29
<b>ALL CENTERS CLOSED</b>	<b>ALL CENTERS CLOSED</b>	<b>ALL CENTERS CLOSED</b>	<b>EHS/HS Closed</b>	<b>EHS/HS Closed</b>
			Breakfast: Grits, pears and Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk
			Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk
			Snack: Mandarin Oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, pears, water

Toddler foods must be diced in pieces no larger than 1/2 inch  
 Infant foods must be diced in pieces no larger than 1/4 inch  
 Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

Cereal must have a least 3 grams of fiber  
 Bread Must have at least 5 grams of fiber  
 Pastas must be whole grain

Sugar free syrup available for breakfast foods