

# December Lunch Menu



Visit us at [www.goodfoodco.com](http://www.goodfoodco.com)  
Age appropriate milk must be served with lunch

*Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*

*~This menu is designed for children age 12+ months*

12/1  
Hamburger slider  
Bean medley  
Roll  
Fresh fruit

12/2  
BBQ chicken leg  
California blend vegetables  
Whole wheat bread/butter  
Fresh fruit

12/5  
\*Cheese melt  
Tomato alphabet soup  
Fresh fruit

12/6  
Turkey sloppy joe  
Corn & edamame  
Roll  
Fresh fruit

12/7  
Shepherd's Pie  
Pineapple/mango cole slaw  
Whole wheat bread/butter  
Fresh fruit

12/8  
Teriyaki chicken  
Oriental vegetables  
Wheat bread/butter  
Fresh fruit

12/9  
\*Whole wheat macaroni & cheese  
Mixed vegetables  
Fresh fruit

12/12  
Whole wheat Turk-a-roni  
Grated cheese  
Spinach salad  
Fresh fruit

12/13  
\*Pizza  
Garden salad  
Fresh fruit

12/14  
Chicken patty  
Tuscan bean and garlic soup  
Wheat bread/butter  
Fresh fruit

12/15  
\*Beans & Rice  
Tossed salad  
Tortilla  
Fresh fruit

12/16  
\*Spinach manicotti  
Carrots  
Whole wheat bread/butter  
Fresh fruit

12/19  
Pasta w/chicken sausage & butternut sauce  
Salad  
Fresh fruit

12/20  
Quiche  
Peas  
Whole wheat bread/butter  
Fresh fruit

12/21  
Spaghetti & meat sauce  
Grated cheese  
Spinach salad  
Fresh fruit

12/22  
Ranch style chicken leg  
Zucchini & yellow squash  
Wheat bread/butter  
Fresh fruit

12/23  
Turkey taco w/whole wheat tortilla  
Corn  
Grated cheese  
Fresh fruit

12/26  
\*\*\*\*\*  
CLOSED FOR  
CHRISTMAS DAY HOLIDAY  
\*\*\*\*\*

12/27  
Chicken & tarragon w/whole wheat rotini  
Broccoli & cheese salad  
Fresh fruit

12/28  
Dirty rice with beef, vegetables, quinoa and farrow  
Apple cole slaw  
Fresh fruit

12/29  
Black bean, corn, & chicken quesadilla  
With whole wheat tortilla  
Green Beans  
Fresh fruit

12/30  
\*Lasagna  
Tossed salad  
Fresh fruit

# December Vegetarian Menu



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*~This menu is designed for children age 12+ months*

12/1  
Gardenburger  
Bean medley  
Roll  
Fresh fruit

12/2  
Kidney beans, quinoa, cous-cous, & parmesan  
California blend vegetables  
Whole wheat bread/butter  
Fresh fruit

12/5  
\*Cheese melt  
Tomato alphabet soup  
Fresh fruit

12/6  
Vegetarian sloppy joe  
Corn & edamame  
Roll  
Fresh fruit

12/7  
Chix patty  
Pineapple/mango cole slaw  
Whole wheat bread/butter  
Fresh fruit

12/8  
Lo Mein w/scrambled egg &  
Oriental vegetables  
Wheat bread/butter  
Fresh fruit

12/9  
\*Whole wheat macaroni &  
cheese  
Mixed vegetables  
Fresh fruit

12/12  
Cheese tortellin salad  
Grated cheese  
Spinach salad  
Fresh fruit

12/13  
\*Pizza  
Garden salad  
Fresh fruit

12/14  
Veggie nuggets  
Tuscan bean and garlic soup  
Wheat bread/butter  
Fresh fruit

12/15  
\*Beans & Rice  
Tossed salad  
Tortilla  
Fresh fruit

12/16  
\*Spinach manicotti  
Carrots  
Whole wheat bread/butter  
Fresh fruit

12/19  
Broccoli & cheddar quinoa w/  
brown rice  
Salad  
Fresh fruit

12/20  
Quiche  
Peas  
Whole wheat bread/butter  
Fresh fruit

12/21  
Spaghetti w/marinara sauce & soy  
Grated cheese  
Spinach salad  
Fresh fruit

12/22  
Ranch style egg salad  
Zucchini & yellow squash  
Wheat bread/butter  
Fresh fruit

12/23  
Black bean and brown rice  
burrito w/whole wheat tortilla  
Corn  
Grated cheese  
Fresh fruit

12/26  
\*\*\*\*\*  
CLOSED FOR  
CHRISTMAS DAY HOLIDAY  
\*\*\*\*\*

12/27  
Pasta salad w/pesto & egg  
Broccoli & cheese salad  
Fresh fruit

12/28  
Vegetarian dirty rice w/cheese,  
vegetables, quinoa, and farrow  
Apple cole slaw  
Fresh fruit

12/29  
Black bean, corn, & cheese  
quesadilla  
With whole wheat tortilla  
Green Beans  
Fresh fruit

12/30  
\*Lasagna  
Tossed salad  
Fresh fruit

# December Breakfast/Afternoon Snack Menu

			12/1 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/2 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
12/5 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/6 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/7 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	12/8 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	12/9 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
12/12 Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/13 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	12/14 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	12/15 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/16 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
12/19 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/20 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/21 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	12/22 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	12/23 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
12/26 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****	12/27 Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/28 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	12/29 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/30 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar