

December 1 - December 31

BADR School

Breakfast **Breakfast**

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	2 Fresh Apple-1 W/G Toasted Oats Cereal-1 oz. W/G Raisin Bread with Margararine-1 Milk-8 oz.	3 Fresh Orange-1 W/G Rice Krispies-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.
6 Fresh Apple-1 W/G Honey Scooters-1 oz. W/G Graham Crackers-3 Milk-8 oz.	7 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. Donut Bites-2.75 oz. Milk-8 oz.	8 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	9 Fresh Apple-1 W/G Frosted Flakes-1 oz. W/G Strawberry Wffle Grahams-2 Milk-8 oz.	10 Fresh Orange-1 W/G Honey Graham Toasters Crl-1 oz. W/G Blueberry Pomegranate Breakfast Bar-1 Milk-8 oz.
13 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Apple Jacks Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	14 Fresh Red Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	15 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	16 Fresh Pear-1 W/G Cocoa Puffs Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	17 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
20 Fresh Apple-1 W/G Honey Scooters-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	21 Fresh Pear-1 W/G Croissant Milk-8 oz.	22 Fresh Orange-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	23 Fresh Apple-1 W/G Rice Krispies-1 oz. W/G Blueberry Pomegranate Breakfast Bar-1 Milk-8 oz.	24 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
27 Fresh Orange-1 W/G Raisin Bran Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	28 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.	29 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	30 Fresh Pear-1 Whole wheat bagel Milk-8 oz.	31 Granny Smith Apple-1 W/G Toasted Oats Cereal-1 oz. W/G Raisin Bread with Margararine-1 Milk-8 oz.

December 1 - December 31

Lunch

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spaghetti & Turkey Meatballs-5 oz. Peas-1/2 c.	Turkey & Cheese Sub-3 oz. Fresh Baby Carrots-1/2 c.	Cheese Pizza w/ Extra Cheese-5 oz. Tossed Salad w/Dressing-1/2 c.

		<u>BADR School</u> Banana-1 <u>Breakfast</u> Italian Bread Milk-8 oz.	Apple-1 Potato Chips-1/2 oz. Milk-8 oz.	Applesauce Cup-1/2 c. Milk-8 oz.
		1 Grilled Chicken Parmigiana-4 c	2 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Orange-1 Milk-8 oz.	3 Penne Pasta no meat and Spaghetti Sauce-7 oz. Green Beans-3/4 c. Whole Wheat Dinner Roll Applesauce Cup-1/2 c. Milk-8 oz.
6 All Beef Hamburger on a Whole Wheat Bun-1 Roasted Potato Medley-3/4 c. Pineapple Cup-1/2 c. Milk-8 oz.	7 Chicken Fryz-4 Sliced Carrots-1 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	8 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Black Bean and Corn Salad-3/4 Fresh Orange Milk-8 oz.	9 Chicken Taco's w/ Shredded Cheddar Cheese-2 Green Beans-3/4 c. 6" Flour Tortilla-2 Fresh Banana-1 Milk-8 oz.	10 Medium Square Cheese Ravioli with No Meat Sauce-6 oz. Broccoli Florets-3/4 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.
13 Beef Meatloaf w/ Ketchup-3 oz. Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	14 W/G Chicken Fingers-3 Kidney Beans-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	15 Hot Turkey w/ Gravy-3.5 oz. Mashed Potatoes-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	16 Meatballs w/ Sauce on a Whole Wheat Sub Roll-1 Diced Carrots-1 c. Cherry Craisins-1/2 c. Milk-8 oz.	17 Macaroni and Cheese-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Whole Grain Bread Peach Applesauce Cup-1/2 c. Milk-8 oz.
20 W/G Popcorn Chicken-3/8 oz. Vegetarian Beans-3/4 c Fresh Orange-1 Whole Grain Bread Milk-8 oz.	21 All Beef Hamburger on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	22 Italian Sub--4 oz. Beef Salami (No Turkey Ham) and Provolone Cheese on a Whole Wheat Sub Roll-1) Fresh Baby Carrots w/ Dip-1 c Fresh Apple-1/Milk-8 oz.	23 Chicken Taco's w/ Shredded Cheddar Cheese-2 Corn-3/4 c. 6" Flour Tortilla-2 Fresh Banana-1 Milk-8 oz.	24 Baked Ziti-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.
27 W/G Chicken Fingers-3 Green Beans-3/4 c. Whole Grain Bread	28 Beef Salisbury Steak with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c.	29 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c.	30 Meatballs w/ Sauce on a Whole Wheat Sub Roll-1 Diced Carrots-1 c.	31 Macaroni and Cheese-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Whole Grain Bread

BADR School
Breakfast

Fresh Apple-1
Milk-8 oz.

Whole Wheat Dinner Roll
Fresh Orange-1
Milk-8 oz.

Fresh Banana-1
Milk-8 oz.

Cherry Craisins-1/2 c.
Milk-8 oz.

Peach Applesauce Cup-1/2 c.
Milk-8 oz.