



Menu ingredients subject to change based on availability and/or *holiday.

DECEMBER 2022

GENERAL DIET

Pre-K4-SA

FOOD BANK
SERVING SOUTHWEST TEXAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 B:Mini Waffles, Turkey Sausage Link, Applesauce, Milk, Syrup L:Chicken Fajita Taco, 6" WG Tortilla, Broccoli, Orange Wedges, Milk S \ EDS:Cheddar Goldfish Crackers, 100% Fruit Punch \ Tropical Fruit Cup, Animal Crackers	2 B:Bagel, Cream Cheese, Fresh Banana, Milk L:Basil Pasta Chicken Salad, Penne Pasta, Baby Carrots, Fresh Apple, Milk, Ranch Dressing S \ EDS:Traditional Chex Mix, 100% Apple Juice \ Applesauce Cup, Cereal Bar
5 B:Cereal Bowl, Applesauce Cup, Milk L:Chicken Parmesan, Chicken Tenders, Whole Grain Pasta, Green Beans, Pear Fruit Cup, Milk S \ EDS:100% Grape Juice, Apple Cinnamon Bear Cracker \ Whole Grain Crackers, Hummus	6 B:Croissant Sandwich, Turkey & Cheese, Mandarin Orange Cup, Milk L:Garlic Chicken Stir Fry, Brown Rice, Roasted Broccoli, Pineapple, Milk S \ EDS:Sun Butter Sandwich \ Amazing Chick-Pea, WG Graham Crackers	7 B:Apple Cinnamon Muffin, Orange Wedges, Milk L:Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk S \ EDS:Cheese Slices, Whole Grain Crackers \ WG Apple Cinnamon Muffin, Vanilla Yogurt Cup	8 B:Mini Pancakes, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup L:Chicken Pot Pie, Whole Grain Biscuit, Peas & Carrots, Fresh Apple, Milk S \ EDS:Turkey & Cheese Wrap \ WG Cheddar Goldfish, 100% Fruit Punch Juice	9 B:Biscuit, Fresh Banana, Milk, Jelly L:Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk, Ranch Dressing S \ EDS:WG Dino Bite Crackers, 100% Apple Juice \ Granola Bar, Orange Wedges
12 B:Blueberry Muffin, Fresh Apple, Milk L:Breaded Chicken Sandwich, Potato Tots, Peaches, Milk, Ketchup S \ EDS:Cheddar Goldfish Crackers, Applesauce Cup \ Ginger Bread Cookie, 100% Grape Juice	13 B:Mini Waffles, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup L:Curry Chicken, Brown Rice, Peas, Pineapple, Milk S \ EDS:Fresh Pear, WG Graham Crackers \ Whole Grain Cheez-its, Strawberry Applesauce Cup	14 B:Cereal Bowl, Mixed Fruit, Milk L:Fish Nuggets, Macaroni & Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup S \ EDS:Strawberry Banana Yogurt Cup, Granola \ 100% Apple Juice, Apple Cinnamon Bear Grahams	15 B:Breakfast Pizza, Peaches, Milk L:Cheese Ravioli, Zucchini, Applesauce, Milk S \ EDS:Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup	16 
19 	NO SCHOOL Winter Break			
26 	NO SCHOOL Winter Break			
27		28	29	30 B:Breakfast Menu L:Lunch Menu S:Snack Menu EDS: Extended Day Snack Menu

