

## winter menu

} december  
january  
february

**Protein** >3oz total  
**Grain** >3oz  
**Fruit & Veg** > 6 oz - 8 oz  
**Milk** > 4oz cup

| monday   | tuesday   | wednesday   | thursday  | friday   |
|--|---|---|---|--|
| December 26<br>Pasta w/<br>Tomato Cream Sauce<br><br>Local Peas<br>Orange Slices<br>Whole Grain Bread        | December 27<br>Oven "Fried" Chicken<br>Veggie "Chicken"<br><br>Mashed Sweet Potatoes<br>Fruit Salad                                     | December 28<br>Cheesy Quesadillas<br><br>Maple Roasted Root Veggies<br>Low fat sour cream<br>Banana Halves      | December 1, 29<br>Turkey Pot Pie<br>Veggie Pot Pie<br><br>Local Green Beans<br>Apple Slices<br>Fresh Baked Biscuit            | December 2, 30<br>Chicken Terriyaki<br>Tofu Teriyaki<br>Steamed Broccoli<br>Fresh Pineapple<br>Brown Rice, Miso Soup<br>Dessert  |
| December 5<br>Tortellini w/ Marinara<br>Sauce<br><br>Local Green Beans<br>Orange Slices<br>Whole Grain Bread | December 6<br>TallGrass Beef Hot Dog<br><br>Steamed Carrots<br>Pineapple<br>Whole Grain Bun<br>Tri Color Chili                          | December 7<br>Chicken Parmesan<br>Eggplant Parmesan<br><br>Fresh Broccoli<br>Banana Halves<br>Whole Grain Bread | <b>NEW!</b> December 8<br>Turkey Sloppy Joe<br>Veggie Sloppy Joe<br><br>Sweet Potato Fries<br>Apple Slices<br>Whole Grain Bun | December 9<br>Cheesy Pizza<br><br>Roasted Cauliflower<br>Fruit Salad<br>Whole Grain Bread<br>Dessert                             |
| December 12<br>Baked Ziti<br><br>Broccoli<br>Orange Slices<br>Whole Grain Bread                              | <b>NEW!</b> December 13<br>Asian BBQ<br>Asian BBQ Tofu<br><br>Asian Veggies<br>Pineapple<br>Whole Grain Rolls                           | December 14<br>Creamy<br>Mac & Cheese<br><br>Local Peas<br>Fruit Salad<br>Whole Grain Bread                     | December 15<br>Roast Turkey w/Gravy<br>Veggie Meatloaf<br>Mashed Potatoes<br>Local Green Beans<br>Pearsauce                   | December 16<br>Tall Grass Beef Tacos<br><b>NEW!</b> Veggie Tacos<br>Seasonal Veggies<br>Apple Slices<br>Tortilla Soup<br>Dessert |
| December 19<br>Rotini w/<br>Tomato Basil Sauce<br><br>Broccoli<br>Orange Slices<br>Whole Grain Bread         | <b>NEW!</b> December 20<br>Healthy Nacho Bar<br><br>Fresh tomato, cheddar<br>cheese, lowfat sour cream,<br>refried beans<br>Pear Slices | December 21<br>Meatballs Marinara<br>Vegetarian "Meatballs"<br><br>Cauliflower<br>Banana Halves<br>Penne Pasta  | December 22<br>Grilled Cheese<br><br>Fresh Fruit Salad<br>Local Green Beans<br>Tomato Soup                                    | December 23<br>Fish Tenders<br>Potato Latke w/Yogurt<br><br>Local Peas<br>Apple Cobbler<br>Whole Grain Bread                     |

\*nut free kitchen! (but we are a little crazy!)

