December LUNCH MENU: SSPC

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									1
								Chicken Patty Sandwich	(2 oz)
								Corn	(1/4 c)
								Pineapple Chunks	(1/4 c)
								Whole Grain Burger Roll	(2 oz)
								Milk	(8oz)
	4		5		6		7		8
Chili Mac	(1 c)	Baked Chicken	(1.5 oz)	Cheese Pizza	(6 oz)	BBQ Chicken Sandwich	(1.5 oz)	Turkey Burger	(2 oz)
with Ground Turkey	(1.5 oz)	Mashed Sweet Potatoes	(1/4 c)	Cheese	(1.5 oz)	Curried Chick Peas	(1/4 c)	Potato Wedges	(1/4 c)
Whole Grain Penne Pasta	(1/2 c)	Corn	(1/4 c)	Pizza Sauce	(1/4 c)	Guava & Pineapple	(1/4 c)	Baked Apple Slices	(1/4 c)
Tomato Sauce	(1/8 c)	Fresh Watermelon *	(1/4 c)	Broccoli	(1/4 c)	Whole Grain Burger Roll	(2 oz)	Whole Grain Burger Roll	(2 oz)
Green Beans	(1/4 c)	Whole Grain Wheat Bread	(1/2 sl)	Fresh Cantaloupe *	(1/4 c)				
Fresh Cantaloupe *	(1/4 c)								
Milk	(6 oz)	Milk	(6 oz)	Milk	(8oz)	Milk	(6 oz)	Milk	(8oz)
	11		12		13		14		15
Whole Grain Spag (2 oz)	(1/2 c)	Hawaiian Chicken	(1.5 oz)	Cheese Pizza	(6 oz)	Lemon Curry Chicken	(1.5 oz)	Sliced Turkey Sandwich	(1.5 oz)
w/ Ground Turkey	(1.5 oz)	Fried Brown Rice	(1/4 c)	Cheese	(1.5 oz)	Fried Brown Rice	(1/4 c)	Potato Wedges	(1/4 c)
Tomato Sauce	(1/4 c)	Onion	(1/4 c)	Pizza Sauce	(1/4 c)	Onion	(1/4 c)	Cinnamon Apple Slices	(1/4 c)
Broccoli	(1/4 c)	Sliced Carrots	(1/4 c)	Mixed Veggies	(1/4 c)	Curried Chick Peas	(1/4 c)	Whole Grain Wheat Bread	(2 slice)
Guava & Pineapple	(1/4 c)	Fresh Watermelon *	(1/4 c)	Fresh Cantaloupe *	(1/4 c)	Fresh Cantaloupe *	(1/4 c)		
Milk	(6 oz)	Milk	(6 oz)	Milk	(8oz)	Milk	(6 oz)	Milk	(6 oz)
	18		19		20		21		22
Taco w/ Ground Turkey	(1.5 oz)							Sloppy Joe	(1.5 oz)
DiceTomato & Tomato Sauce	(1/8 c)	Baked Chicken	(1.5 oz)	Cheese Pizza	(6 oz)	Chicken Tenders	(1.5 oz)	with Ground Turkey	(1/8 c)
Iceberg Lettuce	(1/8 c)	Roasted Potatoes	(1/4 c)	Cheese	(1.5 oz)	Brown Rice (yellowrecipe)	(1/4 c)	Tomato Joe Sauce	(1/8 c)
Mexican Brown Rice	(1/4 c)	Broccoli	(1/4 c)	Pizza Sauce	(1/4 c)	Sliced Carrots	(1/4 c)	Green Beans	(1/4 c)
Black Bean & Corn Salsa	(1/8 c)	Fresh Honeydew melon *	(1/4 c)	Mixed Veggies	(1/4 c)	Fresh Cantaloupe *	(1/4 c)	Fresh Honeydew melon *	(1/8 c)
Pineapple Chunks	(1/4 c)	Whole Grain Wheat Bread	(1/2 sl)	Fresh Cantaloupe *	(1/4 c)			Whole Grain Burger Roll	(1/4 c)
Whole Grain Corn Tortilla	(1.5 oz)								
Milk	(6 oz)	Milk	(6 oz)	Milk	(8oz)	Milk	(6 oz)	Milk	(6 oz)
	25		26		27		28		29
				Macaroni & Cheese(2 oz)	(1 c)	Baked Chicken	(1.5 oz)	Turkey Burger	(2 oz)
SCHOOL CLOSED		SCHOOL CLOSED		Whole Grain Penne Pasta	(1/2 c)	Mashed Sweet Potatoes	(1/4 c)	Baked Beans (Veggie)	(1/4 c)
				Green Peas	(1/4 c)	Broccoli	(1/4 c)	Baked Apple Slices	(1/4 c)
HOLIDAY BREAK		HOLIDAY BREAK		Fresh Cantaloupe *	(1/4 c)	Fresh Honeydew melon *	(1/4 c)	Whole Grain Burger Roll	(2 oz)
						Whole Grain Wheat Bread	(1/2 sl)		
				Milk	(6 oz)	Milk	(6 oz)	Milk	(8oz)

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 1-2 year old 4 fluid ouncs whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Bowie Produce, Landover MD