



December 2022

Schools	December 2022				
REVISED:	Monthly Meal Planner				
11-3-2022	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option				Breakfast Sausage Banana Potatoes Pancakes [Vgtrn Sausage]	The Max Cheese Pizza Melon Garden Salad Pizza Crust [N/A]
Week 2	5	6	7	8	9
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Beef Hot Dog Apple Vgtrn Baked Beans Hot Dog Bun [Vgtrn Meatball Hoagie w/ cheese]	Chicken Fingers Orange Green Beans Mini Cornbread Loaf [Vgtrn Sub Nuggets]	Breakfast Sausage Berries Potatoes Waffle [Vgtrn Sausage]	Walking Taco w/ cheese Banana Shredded Lettuce Chips [Vgtrn Beans & Rice w/ cheese]	French Bread Cheese Pizza Peaches Broccoli Pizza Crust [N/A]
Week 3	12	13	14	15	16
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Burger w/ cheese Apple Fries Hamburger Bun [Vgtrn Patty w/ cheese]	Breakfast Sausage Berries Potatoes Apple Cinnamon Texas Toast [Vgtrn Sausage]	"Our" Mac-N-Cheese Pears Garden Salad Bread Slice [N/A]	Chicken Nuggets Banana Corn Grahams [Vgtrn Sub Nuggets]	Tony's Cheese Pizza Mixed Fruit Carrots Pizza Crust [N/A]
Week 4	19	20	21	22	23
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Beef Hot Dog Apple Vgtrn Baked Beans Hot Dog Bun [Vgtrn Meatball Hoagie w/ cheese]	Chicken Alfredo Orange Garden Salad Bread Slice [Vgtrn Cheesy Alfredo]	Breaded Chicken Rings Berries Cucumber Slices Bread Slice [Vgtrn Sub Nuggets]	Breakfast Sausage Banana Potatoes Pancake [Vgtrn Sausage]	Oven Baked Cheese Panini Melon Broccoli Panini Bread Slices [N/A]
Week 5	26	27	28	29	30
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 3/4 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Closed Happy Holidays	Burger w/ cheese Apple Carrots Hamburger Bun [Vgtrn Patty w/ cheese]	Chicken Fajita w/ cheese Orange Corn Hamburger Bun [Vgtrn Beans & Rice w/ cheese]	Chili Spaghetti w/ cheese Banana Garden Salad Bread Slice [Vgtrn Spaghetti Marinara w/ cheese]	Breaded Chicken Patty w/ cheese Melon Cucumber Slices Hamburger Bun [Oven Baked Cheese Panini]
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*Subject to change without notice during this pandemic reintegration into the "new normal" of available food supplies.