



**Main Lunch Menu**

**December 2024**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk

*(menu modifications in italics)*

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk *(menu modifications in italics)*

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>December 2</b></p> <p><b>Turkey Sausage</b> String Cheese WGR French Toast Carrot Sticks w/ Ranch Dressing (Cooked Carrots) Fruit Milk <b>WG Waffle and Veggie Sausage</b></p>	<p><b>December 3</b></p> <p><b>WGR Chicken Fingers</b> Mashed Potatoes Ketchup Fruit Milk <b>Veggie Nuggets</b></p>	<p><b>December 4</b></p> <p><b>Cheese Sandwich on WGR Bread</b> Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk</p>	<p><b>December 5</b></p> <p><b>Meatloaf w/Beef Gravy</b> WGR Dinner Roll Mixed Vegetables Fruit Milk <b>Veggie Burger</b> "National Comfort Food Day"</p>	<p><b>December 6</b></p> <p><b>Egg Patty &amp; Cheese on WGR Bagel</b> Breakfast Potatoes Fruit Milk</p>
<p><b>December 9</b></p> <p><b>Beef Riblet w/BBQ Sauce</b> WGR Dinner Roll Green Beans Fruit Milk <b>Veggie Burger</b></p>	<p><b>December 10</b></p> <p><b>Chicken, Cheddar Cheese, and Brown Rice Bake</b> Peas Fruit Milk <b>Tofu, Cheddar, Rice Bake</b></p>	<p><b>December 11</b></p> <p><b>Mac &amp; Cheese w/ WGR Pasta</b> Mixed Vegetables Fruit Milk</p>	<p><b>December 12</b></p> <p><b>WGR Chicken Fingers</b> Mashed Potatoes Ketchup Fruit Milk <b>Veggie Nuggets</b></p>	<p><b>December 13</b></p> <p><b>Turkey Ham &amp; Cheese Hoagie on WGR Roll</b> w/ Mayonnaise Cucumbers (Peeled and Diced Cucumber) Fruit mayo Milk <b>Cheese Hoagie</b></p>
<p><b>December 16</b></p> <p><b>Grilled Chicken w/ Gravy</b> WGR Biscuit Carrots Fruit Milk <b>Veggie Nuggets</b> "National Biscuits &amp; Gravy Day"</p>	<p><b>December 17</b></p> <p><b>Meatballs in Marinara Sauce</b> WGR Hoagie Roll Mixed Vegetables Fruit Milk <b>Veggie Meatballs</b></p>	<p><b>December 18</b></p> <p><b>Grilled Chicken w/Salsa</b> Red Beans &amp; Brown Rice Fruit Milk <b>Veggie Nuggets</b></p>	<p><b>December 19</b></p> <p><b>Baked Ham Steak</b> WGR Dinner Roll Green Beans Fruit Milk <b>Veggie Burger</b></p>	<p><b>December 20</b></p> <p><b>Chic Pea Butter Sandwich on WGR Bread</b> Diced Cucumber (Peeled and Diced Cucumber) Mayonnaise Fruit Milk</p>
<p><b>December 23</b></p> <p><b>Grilled Chicken Pot Pie w/Mixed Vegetables</b> WGR Biscuit Fruit Milk <b>Lentil Pot Pie</b></p>	<p><b>December 24</b></p> <p><b>Chicken Salad Sandwich on WGR Roll</b> Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk <b>Cheese Sandwich</b></p>	<p><b>December 25</b></p> <p><b>Merry Christmas!!</b></p>	<p><b>December 26</b></p> <p><b>Turkey &amp; Cheese Hoagie on WGR Roll</b> w/ Mayonnaise Cucumbers (Peeled and Diced Cucumber) Fruit mayo Milk <b>Cheese Hoagie</b></p>	<p><b>December 27</b></p> <p><b>Chic Pea Butter Sandwich on WGR Bread</b> Diced Cucumber (Peeled and Diced Cucumber) Mayonnaise Fruit Milk</p>
<p><b>December 30</b></p> <p><b>Turkey Burger w/ Cheddar Cheese on WGR Bun</b> Tater Tots Ketchup Fruit Milk <b>Veggie Burger on WG Bun</b></p>	<p><b>December 31</b></p> <p><b>Pizza Bagel – Mozzarella cheese and marinara sauce on WGR Bagel</b> Celery Sticks (Diced Cucumbers) Ranch Dressing Fruit Milk</p>	<p><b>January 1</b></p> <p><b>Happy New Year!!</b></p>	<p><b>January 2</b></p> <p><b>Turkey &amp; Cheese Sandwich on WGR Bread</b> Tomato &amp; Cucumber Salad Fruit Milk <b>Cheese Sandwich</b></p>	<p><b>January 3</b></p> <p><b>Cheese Sandwich on WGR Bread</b> Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk</p>

**\*\*ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH\*\***

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries