

## December 2018

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Protein	Smothered Chicken	Sloppy Joe	Beefy Mac	Ham & Cheese Sandwich*	Cheese Cup & Sunflower Kern
Grain/Bread	Roll	Bun	Pasta	Sliced Bread	Whole Grain Tortilla Chip
Veg/Fruit	Veggie Dippers	Potato Salad	Veggie Dippers	Whipped Sweet Potatoes	Salsa
Veg/Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fruit Squeeze
Milk	Milk	Milk	Milk	Milk	Milk
Condiment	Ranch Dressing		Ranch Dressing	Mayo	
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Protein	Ground Turkey Taco	Sweet & Sour Chicken	Smoked House Spaghetti*	Cajun Turkey Salad	Egg Salad
Grain/Bread	Tortilla	Roll	Pasta	Wheat Thins	Roll
Veg/Fruit	Veggie Dippers	Garden Salad	Veggie Dippers	Country Potato Salad	Veggie Dipper
Veg/Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
Condiment	Ranch Dressing	Ranch Dressing	Ranch Dressing		Ranch Dressing
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Protein					
Grain/Bread					
Veg/Fruit					
Veg/Fruit					
Milk	Milk	Milk	Milk	Milk	Milk
Condiment					
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Protein					
Grain/Bread					
Veg/Fruit					
Veg/Fruit					
Milk	Milk	Milk	Milk	Milk	Milk
Condiment					
	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Protein					
Grain/Bread					
Veg/Fruit					
Veg/Fruit					
Milk	Milk	Milk	Milk	Milk	Milk
Condiment					

Whole milk – 12-24 months; White 1% milk - 2 thru 5 years; White 1% milk or Fat-Free Chocolate milk – 6 thru 18 years

\* Contains Pork

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