



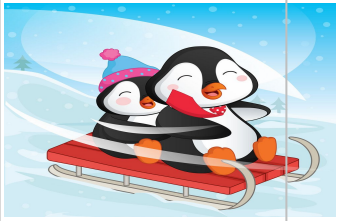







# Nutrition Menu

# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<b>Breakfast:</b> Muffins, string cheese, bananas <b>Lunch:</b> Tacos, Pico, salsa, black beans, Peaches	<b>Breakfast:</b> Biscuits and Gravy, Apples <b>Lunch:</b> Chili, Cinnamon roll, Salad, Strawberries	<b>Breakfast:</b> French toast, Pears <b>Lunch: Claton's Day!</b> Baked Chicken Alfredo, Salad, Green beans, apples, berries	<b>Breakfast:</b> Yogurt parfait, berries <b>Lunch:</b> Field Trip Sack lunches: Sandwich, apple slices, dragon juice	<b>Breakfast:</b> Pancakes, blueberries, <b>Lunch:</b> Hot Dogs, Fries, Mixed fruit	
8	9	10	11	12	13	14
	<b>Breakfast:</b> Cereal bars, bananas, applesauce <b>Lunch:</b> Meatball sub sandwiches, Salad, Pears	<b>Breakfast:</b> Apple bagels, Berries <b>Lunch:</b> Super Fries, Black Beans, Corn, Mixed Fruit, salsa, guacamole	<b>Breakfast:</b> Strawberry bagel, oranges <b>Lunch:</b> Pizza Lasagna, Peas, broccoli, Mixed Fruit	<b>Breakfast:</b> Yogurt, mixed berries <b>Lunch: Head Start Choice!</b>	<b>Breakfast:</b> Muffins, string cheese, bananas <b>Lunch:</b> Burritos, Salad, Green Beans, Mixed Fruit	
15	16	17	18	19	20	21
	<b>Breakfast:</b> Cinnamon rolls, apples <b>Lunch:</b> Big Mac chicken Patty, Fries, Salad, Apples, Oranges	<b>Breakfast:</b> Cereal, Peaches <b>Lunch: Sloops Day!</b> Creamed Chicken over mashed potatoes, Apples	<b>Breakfast:</b> Breakfast pizza, pears <b>Lunch:</b> Pork Loin, Shrimp, Baked potato, Salad, Strawberries	<b>Breakfast:</b> Smoothie, cereal, mixed berries <b>Lunch:</b> Orange4 Chicken, Asian Noodles, Peas, Mixed Fruit	<b>Breakfast:</b> Muffin, string cheese, oranges, Berries <b>Lunch:</b> Pretzel Dogs, Green Beans, Mixed Fruit, Carrots	
22	23	24	25	26	27	28
						
29	30	31				
			<p>Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk</p> <p>Menus are subject to change.</p> <p>Essex is an Equal Opportunity Employer</p>			