

**December 2020**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Muffins, loaf bread, applesauce, assorted fruit cups, granola bars, fresh fruit, and water	Muffins, loaf bread, applesauce, assorted fruit cups, granola bars, fresh fruit, and water	Muffins, loaf bread, applesauce, assorted fruit cups, granola bars, fresh fruit, and water	Muffins, loaf bread, applesauce, assorted fruit cups, granola bars, fresh fruit, and water	Muffins, loaf bread, applesauce, assorted fruit cups, granola bars, fresh fruit, and water
<b>Mid-morning snack</b>	Melba toast/ yogurt and water	French toast/ apple slices and water	Veggie quiche/ bread sticks and water	Cereal/ bananas and water	Applesauce/ muffins and water
<b>Lunch</b>	Chicken Noodle Doodle, garden salad, carrots, rolls, fruit and milk/water	Shepherd's pie, mixed veggies, bread and butter, fruit and milk/water	Cream of cauliflower soup, ham buns, carrots, cucumbers sticks, fruit and milk/water	Lasagna, garlic bread, Caesar salad, fruit, and milk/water	Herbed baked fish, rice, peas and carrots, fruit and milk/water
<b>Mid-afternoon snack</b>	Graham wafers/sliced oranges and water	Cheese and cucumber slices, Ritz Crackers and water	Cranberry oatmeal cookies/ fresh fruit and water	Nacho's/ pita triangles/ cheese/salsa and water	Rice cakes/ veggie sticks/ dip and water