








DECEMBER

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Mandarin Oranges, Bagel	HM or IFF, Applesauce, Crackers	HM or IFF, Diced Pears, Saltines	HM or IFF, Mandarin Oranges, Graham Cracker	HM or IFF, Diced Pears, WG Cheerios
Lunch	Baked Chicken Breast SIDES: Steamed Peas Applesauce HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Pears HM or IFF	Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Diced Chicken SIDES: Steamed Green Beans Mixed Fruit HM or IFF	Yogurt SIDES: Glazed Carrots Diced Peaches HM or IFF
PM	HM or IFF, Green Beans, WG Cheerios	HM or IFF, Peas, English Muffin	HM or IFF, Refried Beans, Tortilla	HM or IFF, Island Veggies, Bread Slice	HM or IFF, Green Beans, Goldfish
9		10		11	
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Diced Peaches, Saltines	HM or IFF, Applesauce, Graham Cracker	HM or IFF, Pineapple Tidbits, Slice of Bread	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Banana, Graham Cracker
Lunch	WG French Toast Sticks & Cheese Omelette SIDES: Triangle Potato Applesauce HM or IFF	Yogurt SIDES: Roasted Squash Pineapple Tidbits HM or IFF	Sliced Cheese & Bread Slice SIDES: Baked Beans Mixed Fruit HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Fish Sandwich on WG Bread SIDES: Carrot Coins Diced Pears HM or IFF
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Diced Peaches, Club Crackers	HM or IFF, Roasted Squash, Tortilla	HM or IFF, Carrot Coins, Cheerios	HM or IFF, Mixed Fruit, Goldfish
16		17		19 - CHRISTMAS FEAST	
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Diced Pears, Saltines	HM or IFF, Cooked Apple Slices, Bread Slice	HM or IFF, Diced Peaches, Goldfish	HM or IFF, Mandarin Oranges, Club Crackers	HM or IFF, Mixed Fruit, English Muffin
Lunch	Hot Dog on WG Bread SIDES: Country Vegetables Cooked Apple Slices HM or IFF	Taco Meat with Tortilla SIDES: Black Beans Diced Peaches HM or IFF	Baked Chicken Breast SIDES: Steamed Green Beans Mandarin Oranges HM or IFF	Sliced Ham SIDES: Steamed Broccoli Mixed Fruit HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Carrot Coins Applesauce HM or IFF
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Country Vegetables, Club Crackers	HM or IFF, Banana, Tortilla	HM or IFF, Green Beans, Graham Cracker	HM or IFF, Broccoli, Goldfish
23 - SJW & HG ONLY		24 - CHRISTMAS EVE		25 - CHRISTMAS DAY	
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF				
AM	HM or IFF, Applesauce, Cheerios				
Lunch	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF				
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Country Vegetables, Club Crackers		HM or IFF, Banana, Tortilla	
30 - SJW & HG ONLY		31 - NEW YEARS EVE		January 1	
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF				
AM	HM or IFF, Mixed Fruit, WG Cheerios				
Lunch	Yogurt SIDES: Carrot Coins Diced Pears HM or IFF				
PM	HM or IFF, Broccoli, Bread Slice	HM or IFF, Country Vegetables, Club Crackers		HM or IFF, Banana, Tortilla	
30 - SJW & HG ONLY		31 - NEW YEARS EVE		January 1	
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF				
AM	HM or IFF, Mixed Fruit, WG Cheerios				
Lunch	Yogurt SIDES: Carrot Coins Diced Pears HM or IFF				
PM	HM or IFF, Broccoli, Bread Slice	HM or IFF, Country Vegetables, Club Crackers		HM or IFF, Banana, Tortilla	

*Menu Subject to Change Without Notice

IFC- Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula