

Whiting Village School Lunch and Breakfast Menu for December 2017 (Subject to Change)

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast					1-Dec Cinnamon Toast cereal juice, fruit milk	Milk Prices: \$0.40
Lunch					Pizza Pockets veggie sticks fruit milk	
Breakfast	4-Dec toast cereal juice, fruit milk	5-Dec cheesy eggs Cereal, Toast juice, fruit milk	6-Dec Oatmeal Toast, cereal juice, fruit milk	7-Dec Blueberry Muffin cereal juice, fruit milk	8-Dec Cinnamon Toast cereal juice, fruit milk	
Lunch	chicken burger Calio Beans Squash fruit milk	Tacos lettuce, tomato, cheese spanish rice, refried beans corn, fruit milk	Spaghetti w/ meatballs Fresh Garden Salad Italian Bread fruit milk	Baked Potato Soup Biscuit Fresh Garden Salad fruit milk	Grilled Ham & Cheese Tater Tots Fresh Veggies fruit milk	
Breakfast	11-Dec No School	12-Dec cheesy eggs Toast, cereal juice, fruit milk	13-Dec Yogart w/granola Toast, cereal juice, fruit milk	14-Dec Pumpkin Muffin cereal juice, fruit milk	15-Dec Cinnamon Toast cereal juice, fruit milk	
Lunch	Teacher's Workshop	Ham or Turkey Wrap Sweet Potato Fries Baked Beans Fruit milk	Cheese Stuffed Shells Fresh Garden Salad Italian Bread fruit milk	Egg or Tuna Sandwich Tater Tots Baked Beans fruit milk	Pizza Pockets veggie sticks fruit milk	
Breakfast	18-Dec toast cereal juice, fruit milk	19-Dec cheesy eggs Toast juice, fruit Milk	20-Dec Banana Bread Cereal juice, fruit milk	21-Dec toast cereal juice, fruit milk	22-Dec vacation	
Lunch	Chicken Fingers Calio beans, corn bread Cole Slaw fruit milk	Mac N' Cheese Broccoli Milk	Christmas Dinner Turkey, Gravy Squash, mashed potatoes fruit milk	Breakfast for Lunch Pancakes, sausage Hashbrown casserole fruit milk		
Breakfast	25-Dec vacation	26-Dec vacation	27-Dec vacation	28-Dec vacation	29-Dec vacation	
Lunch						

Fruits: Offer at least 1/2 cup every day of the week Offer a total of at least 2 1/2 cups per week
Dark Green Vegetables Offer at least 1/2 cup per week
Red-Orange Vegetables Offer at least 3/4 cup per week
Dry Beans or Peas (legumes) Offer at least 1/2 cup per week
Starchy Vegetables Offer no more than 1/2 cup per week
Other Vegetables Offer at least 1/2 cup per week
Additional Vegetables Offer at least 1 cup per week
All Vegetables Offer at least 3/4 cup vegetables every day of the week Offer a total of at least 3 3/4 cups per week
Whole Grain-Rich Foods All grains offered must be whole grain-rich. List all grains served in oz. equivalent servings and indicate as "WGR" whole grain-rich items. Offer at least 1 Grains/Breads per day and a total of 8-9 oz equivalent servings per week.
Meats/Meat Alternates: Offer meats/meat alternates every day of the week. At least: Offer meats/meat alternates every day of the week. At least: Offer at least 1 oz. equivalent per day and a total of 8-10 oz. equivalent per week.

Milk: All milk served must be non-fat (unflavored and flavored) or 1% unflavored.

This institution is an equal opportunity provider