

Monthly Menu Plan
Month of: December 2023

Sponsor: CHILD CARE RESOURCES, INC.
(855) 427-2888

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div>L: Turkey Ground, Brown Rice, WG (1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Turkey Dirty Rice</div> <div>D: Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c) (WG), Mixed Vegetables, Pears, Lowfat Milk - 1% Baked Ziti</div>
<div>4</div> <div>L: American Cheese (100% cheese), Bread - 100% Whole Wheat(WG), Garden Salad, Applesauce, Lowfat Milk - 1% Grilled Cheese and Salad</div> <div>D: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Mac and Cheese with Mixed Vegetables</div>	<div>5</div> <div>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Peaches / Nectarines, Lowfat Milk - 1% Beef Nachos</div> <div>D: Chicken Breasts, Flour Tortillas (1oz eq/28g), Salsa, Peaches / Nectarines, Lowfat Milk - 1% Chicken Tacos</div>	<div>6</div> <div>L: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Broccoli, Mixed Fruit, Lowfat Milk - 1% Broccoli Cheddar casserole</div> <div>D: Turkey Ground, Egg Noodles (1oz eq/28gm), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Turkey Stroganoff</div>	<div>7</div> <div>L: Turkey Ground, Egg Noodles (1oz eq/28gm), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1% Turkey Stroganoff</div> <div>D: Meatloaf (Beef), Rolls - Wheat, Mashed Potatoes (100% potatoes), Mandarin Oranges, #10 can, Lowfat Milk - 1% Meatloaf and Mashed potatoes</div>	<div>8</div> <div>L: Meatloaf (Beef), Brown Rice, WG (1oz/28g)(WG), Mashed Potatoes (100% potatoes), Mandarin Oranges, Lowfat Milk - 1% Meatloaf and Mashed Potatoes</div> <div>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Broccoli, Mixed Fruit, Lowfat Milk - 1% Broccoli Cheddar casserole</div>
<div>11</div> <div>L: Chickpeas/Hummus, Pita Bread/Naan Bread (1oz/28g), Cucumbers, fresh, Mixed Fruit, Lowfat Milk - 1% Pita and Hummus</div> <div>D: Navy Beans, Rolls - Wheat, Mashed Potatoes (100% potatoes), Tropical Fruit, Lowfat Milk - 1% Shepherd's pie</div>	<div>12</div> <div>L: Chicken Breasts, Flour Tortillas (1oz eq/28g), Salsa, Applesauce, Lowfat Milk - 1% Chicken tacos</div> <div>D: Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Black Beans, Applesauce, Lowfat Milk - 1% Tamale Pie</div>	<div>13</div> <div>L: Turkey Ground, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1% Turkey Stir Fry</div> <div>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Curry Chicken</div>	<div>14</div> <div>L: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1% Curry Chicken</div> <div>D: Beef Ground, Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1% Sloppy Joe</div>	<div>15</div> <div>L: Beef Ground, Buns - Whole Grain (1oz/28g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Sloppy Joes</div> <div>D: Turkey Ground, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1% Turkey Stir Fry</div>

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18	<p>L: Kidney Beans, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Red Beans and Rice</p> <p>D: Mozzarella Cheese, Penne Pasta, Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Tomato Basil Pasta</p>	19	<p>L: Turkey Ground, Flour Tortillas (1oz eq/28g), Potatoes, fresh, all sizes, Mixed Vegetables, Lowfat Milk - 1%</p> <p>Chorizo Tacos</p> <p>D: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Salsa, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Taco Pie</p>	20	<p>L: Beef Ground, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>Cheeseburger Pasta</p> <p>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>teriyaki Chicken</p>	21	<p>L: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>teriyaki chicken</p> <p>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>jambalaya</p>	22	<p>L: Turkey Ground, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1%</p> <p>Jambalaya</p> <p>D: Beef Ground, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%</p> <p>Cheese Burger Pasta</p>
25		26	<p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Salsa, Applesauce, Lowfat Milk - 1%</p> <p>Beef Nachos</p> <p>D: Beef Ground, Rice (1oz eq/28gm/1/2c), Black Beans, Applesauce, Lowfat Milk - 1%</p> <p>Mexican Lasagna</p>	27	<p>L: Beef Ground, Penne Pasta, Tomato Sauce / Paste, Mixed Vegetables, Lowfat Milk - 1%</p> <p>pasta and Meatsauce</p> <p>D: Chicken Drummettes (Paige Foods), Rolls, Sweet Potatoes/Yams (not as fries), Pear, canned #10, Lowfat Milk - 1%</p> <p>BBQ Chicken</p>	28	<p>L: Chicken Drummettes (Paige Foods), Rolls-100% Whole Wheat(WG), Sweet Potatoes/Yams (not as fries), Pear, canned #10, Lowfat Milk - 1%</p> <p>BBQ Chicken</p> <p>D: Turkey Ground, Cornbread/Corn Muffin (1oz eq/34g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Chili</p>	29	<p>L: Turkey Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Turkey Chili</p> <p>D: Turkey Ground, Pasta Misc (WG)(WG), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1%</p> <p>Pasta and Meatsauce</p>