

December



Monday, December 3rd Tuesday, December 4th Wednesday, December 5th Thursday, December 6th Friday, December 7th

Life cereal, fruit mix
 Sn: Cottage cheese, juice
Veggie chicken nuggets, corn, mashed potatoes, fruit mix
 Sn: Apple cinnamon tortilla wrap

Cinnamon bread, pineapple
 Sn: Applesauce, graham crackers
Grilled and cheese sand, tomato soup, pineapple
 Sn: Elf Grahams, juice

Breakfast burrito, peaches
 Sn: Celery w/ ranch
 Tod: Veggie straws
Fettuccini alfredo, peas, peaches
 Sn: Club crackers, cheese

Hash brown casserole, pears
 Sn: Apple slices w/ string cheese
Italian noodles, broccoli w/ cheese, pears
 Sn: Sn: Ranch Oyster Crackers

Whole wheat French toast stix, mandarin oranges
 Sn: Ritz crackers, juice
Veggie burger sliders, tator tots, mandarin oranges
 Sn: Trail mix

Monday, December 10th Tuesday, December 11th Wednesday, December 12th *LS* Thursday, December 13th Friday, December 14th

Golden Grahams, applesauce
 Sn: Raisins, goldfish
 Tod: Goldfish, juice
Veggie Chicken patty, peas, applesauce
 Sn: Nutrigrain bars

Pumpkin bread, fruit mix
 Sn: Chex mix, juice
Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix
 Sn: Bananas, cheerios

Cinnamon rolls, peaches
 Sn: Orange slices, saltines
 Tod: Mandarin oranges, saltines
Avanti's Lunch
 Sn: Popcorn, juice
 Tod: Puffed corn, juice

English muffins w/ egg patty, peaches
 Sn: Grapes, yogurt
 Tod: Fruit, yogurt
Breadstick, veg broth w/ California blend veggies, peaches
 Sn: Apple crisp, water

Biscuits and gravy, pineapple
 Sn: Carrots w/ ranch
 Tod: Shredded carrots w/ ranch
Vegetarian Sloppy joe on bun, corn, pineapple
 Sn: Cheese Ritz bits, juice

Christmas Programs

Saturday, December 15th

Williamsburg @ 2:30 pm

Oakland @ 4:30 pm

Evergreen @ 6:00 pm

Pictures with Santa will begin 30 minutes prior to your child's program.

All programs will be held at Central Catholic High School.

Little Jewels is




Vegetarian Menu

Vegetarian Menu



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Monday, December 17th	Tuesday, December 18th	Wednesday, December 19th	Thursday, December 20th	Friday, December 21st
<p>Rice Krispies, mandarin oranges</p> <p>Sn: Fruit smoothies</p> <p>Cheese quesadillas, green beans, mandarin oranges</p> <p>Sn: Saltines, American cheese</p>	<p>Banana bread, pears</p> <p>Sn: Cucumber slices w/ ranch</p> <p>(peeled for Tod's)</p> <p>Grilled Cheese sand, veggie chili, pears</p> <p>Sn: Animal crackers, milk</p>	<p>Omelets, fruit mix</p> <p>Sn: Rice cakes, juice</p> <p>Veggie Cheese "burger" mac, peas, fruit mix</p> <p>Sn: Cinnamon diced apples, graham crackers</p>	<p>Waffles, peaches</p> <p>Sn: Celery w/ soy butter</p> <p>Tod: Veggie straws</p> <p>Veggie meatballs, mashed potatoes, carrots, peaches</p> <p>Sn: Pretzels w/ ranch</p> <p>*Classroom Christmas Parties (Evergreen)</p>	<p>Oatmeal w/apples, butter toast</p> <p>Sn: Cottage cheese, juice</p> <p>Pizza Pasta, salad w/ ranch, pineapple</p> <p>Sn: Trail mix</p> <p>*Classroom Christmas Parties (Oak/Williamsburg)</p>

Monday, December 24th	Tuesday, December 25th	Wednesday, December 26th	Thursday, December 27th	Friday, December 28th
<p>Kix cereal, pears</p> <p>Sn: Raisins, goldfish</p> <p>Tod: Goldfish, juice</p> <p>Veggie corn dogs, cooked carrots, pears</p> <p>Sn: String cheese & tortilla wrap</p> <p>(**Oakland Facility Only**)</p>	<p>Closed for Christmas Day</p> 	<p>Whole wheat french toast stix, fruit mix</p> <p>Sn: Graham crackers, applesauce</p> <p>Veggie Chicken, broccoli, cheese and rice cass., fruit mix</p> <p>Sn: Veggie straws, juice</p>	<p>Egg and cheese casserole peaches</p> <p>Sn: Pretzel bites w/cheese sauce</p> <p>Veggie chicken patty on bun, tator tots, peas, Peaches</p> <p>Sn: Grapes, yogurt</p>	<p>Bagels w/ cream cheese, pineapple</p> <p>Sn: Bananas, cheerios</p> <p>Cheese Ravioli, California blend veggies, pineapple</p> <p>Sn: Nutrigrain Bars</p>

Monday, December 31st

Crispix cereal, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Goulash w veg. beef, corn, peaches

Sn: Cheese Ritz bits, water

Healthy Eating Tips for Kids...
(Pssst...parents, we can't do it without you!)

#6 Have Fun in the Kitchen

Children are more likely to become adventurous eaters if they know how to cook. Make it fun by giving them their own aprons and letting them help you regularly with small tasks in the kitchen.

As they get older and more confident, let them cook dinner once a week. If the thought of kids in the kitchen sounds like a recipe for disaster, why not enroll them in cooking classes during the school holidays?

