



This Institution is an equal opportunity provider. Menus are subject to change.



YOU'RE GOOD



ALL STUDENTS EAT BREAKFAST @ NO COST ALL YEAR LONG



Monday, Dec 1	Tuesday, Dec 2	Wednesday, Dec 3	Thursday, Dec 4	Friday, Dec 5
Breakfast WG Muffin MI Fresh Apple 100% Fruit Juice Michigan Milk	Breakfast WG Breakfast Round Apple Sauce 100% Fruit Juice Michigan Milk	Breakfast WG Breakfast Bread Raisins 100% Fruit Juice Michigan Milk	Breakfast WG Benefit Bar Fresh Banana 100% Fruit Juice Michigan Milk	Breakfast WG Fruity PopTart Fresh Fruit 100% Fruit Juice Michigan Milk
Lunch WG Chicken Wonderland Nuggets WG Gold Fish Crackers Yellow Corn Fresh MI Veg Cup Orange Wedges Michigan Milk	Lunch WG Walking Taco's Refried Beans Shredded Lettuce MI Diced Tomatoes Shredded Cheese Mixed Fruit Michigan Milk	Lunch French Toast Sticks w/Sausage Hashbrown MI Grape Tomatoes Fresh Apple Michigan Milk	Lunch WG Little Caesars Pizza Romaine Salad Fresh Vegetables Fresh Fruit Bar Michigan Milk	Lunch WG Mac & Cheese w/WG Cracker MI Sliced Cucumbers Baby Carrots Diced Peaches Michigan Milk



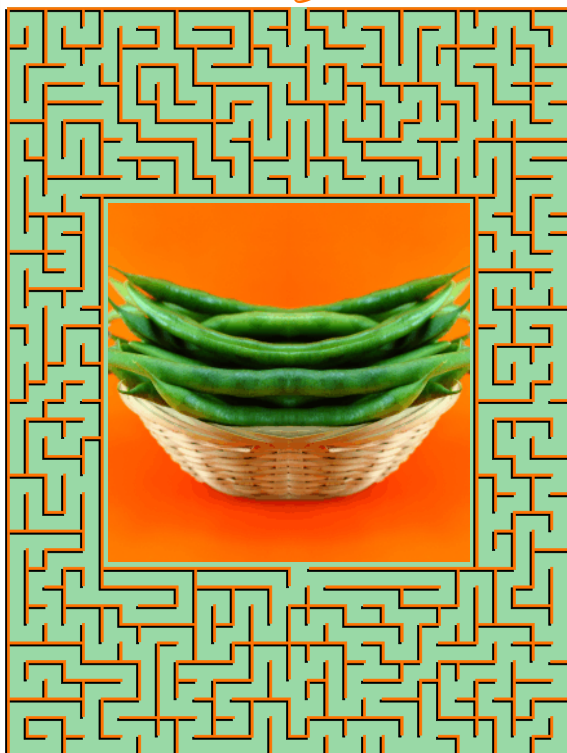
Monday, Dec 8	Tuesday, Dec 9	Wednesday, Dec 10	Thursday, Dec 11	Friday, Dec 12
Breakfast WG Breakfast Bun Raisins 100% Fruit Juice Michigan Milk	Breakfast WG Benefit Bar Michigan Apple 100% Fruit Juice Michigan Milk	Breakfast WG Breakfast Bread Clementine 100% Fruit Juice Michigan Milk	Breakfast WG French Toast Bar Fresh Pear 100% Fruit Juice Michigan Milk	Breakfast WG Waffle Apple Sauce 100% Fruit Juice Michigan Milk
Lunch WG Chicken Shapes WG Gold Fish Crackers Baby Carrots Yellow Corn MI Great Grapes Michigan Milk	Lunch WG Soft Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Orange Wedges Michigan Milk	Lunch WG Bosco Sticks Broccoli MI Cucumber Coins MI Mixed Berries Cup Michigan Milk	Lunch WG Little Caesars Pizza MI Tossed Romaine Salad MI Fresh Veg Cup Mixed Fruit Michigan Milk	Lunch WG Rotini w/WG Garlic Bread Garbanzo Beans Green Beans Sliced Peaches Michigan Milk



Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

➔ *Start here!*



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Word of the Month

be·nev·o·lent

adj. 1. charitable; kind
2. showing love to others and a desire to promote their happiness and well-being

Here's wishing you a bright and happy holiday season!



With Love From Your
Child Nutrition
Staff

Monday, Dec 15

Breakfast
WG Mini Pancakes
Raisins
100% Fruit Juice
Michigan Milk

Lunch
WG Chicken Crew
Nuggets
WG Gold Fish Crackers
Broccoli
MI Celery
MI Berry Cup
Michigan Milk

Tuesday, Dec 16

Breakfast
WG Breakfast Round
Apple Sauce
100% Fruit Juice
Michigan Milk

Lunch
WG Walking Taco
Refried Beans
Shredded Lettuce
Diced Tomatoes
Shredded Cheese
Orange Wedges
Michigan Milk

Wednesday, Dec 17

Breakfast
WG Benefit Bar
Round Orange
100% Fruit Juice
Michigan Milk

Holiday Feast
WG Chicken Drumstick
WG Roll
Mashed Potatoes
w/Gravy
Green Bean Casserole
Fresh MI Fruit
Michigan Milk

Thursday, Dec 18

Breakfast
WG Muffin
MI Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch
WG Little Caesar's
Pizza
MI Romaine Salad
Fresh Mixed
Vegetable
Fresh Fruit Bar
Michigan Milk

Friday, Dec 19

Breakfast
WG Cinnamon Roll
MI Fresh Apple
100% Fruit Juice
Michigan Milk

Lunch
WG Fettuccini Alfredo
w/Garlic Bread
MI Romaine Salad
Fresh Mixed
Vegetable
Strawberry Cup
Michigan Milk

