



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



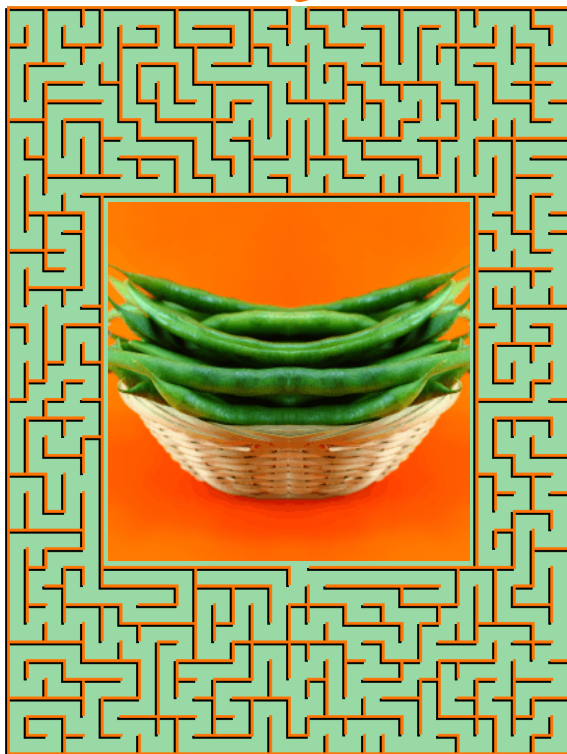
<p>Monday, Dec 1</p> <p><u>Breakfast</u> WG Muffin Diced Pears Michigan Milk</p> <p><u>Lunch</u> WG Chicken Wonderland Nuggets WG Gold Fish Crackers Yellow Corn Pineapple Cup Michigan Milk</p>	<p>Tuesday, Dec 2</p> <p><u>Breakfast</u> WG Cereal Apple Sauce Michigan Milk</p> <p><u>Lunch</u> WG Cheese Calzones Steamed Broccoli Pear Cup Michigan Milk</p>	<p>Wednesday, Dec 3</p> <p><u>Breakfast</u> WG Breakfast Bread Orange Cup Michigan Milk</p> <p><u>Lunch</u> French Toast Sticks w/Sausage Hashbrown Apple Sauce Michigan Milk</p>	<p>Thursday, Dec 4</p> <p><u>Breakfast</u> WG Waffle Apple Sauce Michigan Milk</p> <p><u>Lunch</u> WG Bean & Cheese Burrito MI Diced Tomatoes Peach Cup Michigan Milk</p>	<p>Friday, Dec 5</p> <p><u>Breakfast</u> WG Cereal Fresh Banana Michigan Milk</p> <p><u>Lunch</u> WG Mac & Cheese w/WG Cracker MI Sliced Cucumbers Apple Sauce Michigan Milk</p>
<p>Monday, Dec 8</p> <p><u>Breakfast</u> WG Cereal Peach Cup Michigan Milk</p> <p><u>Lunch</u> WG Chicken Shapes WG Gold Fish Crackers Yellow Corn Apple Sauce Cup Michigan Milk</p>	<p>Tuesday, Dec 9</p> <p><u>Breakfast</u> WG Muffin Apple Sauce Michigan Milk</p> <p><u>Lunch</u> WG Grilled Cheese Sandwich Refried Beans Peach Cup Michigan Milk</p>	<p>Wednesday, Dec 10</p> <p><u>Breakfast</u> WG Breakfast Bread Pear Cup Michigan Milk</p> <p><u>Lunch</u> WG Cheeseburger MI Cucumber Coins MI Mixed Berries Cup Michigan Milk</p>	<p>Thursday, Dec 11</p> <p><u>Breakfast</u> WG Cereal Fresh Banana Michigan Milk</p> <p><u>Lunch</u> WG Pizza Crunchers WG Cracker Steamed Broccoli Apple Sauce Michigan Milk</p>	<p>Friday, Dec 12</p> <p><u>Breakfast</u> WG Waffle Apple Sauce Michigan Milk</p> <p><u>Lunch</u> WG Rotini w/WG Garlic Bread Steamed Green Peas Pear Cup Michigan Milk</p>



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
Apple Sauce
Michigan Milk

Lunch

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

Tuesday, Dec 16

Breakfast

WG Breakfast Bread
Diced Pear Cup
Michigan Milk

Lunch

WG Hamburger on a Bun
Cooked Carrots
Pineapple Cup
Michigan Milk

Wednesday, Dec 17

Breakfast

WG Cereal
Apple Sauce
Michigan Milk

Holiday Feast

WG Chicken Drumsticks
Mashed Potatoes w/Gravy
Peach Cup
Michigan Milk

Thursday, Dec 18

Breakfast

WG Muffin
Peach Cup
Michigan Milk

Lunch

WG Soft Taco
Refried Beans
Shredded Cheese
Pear Cup
Michigan Milk

Friday, Dec 19

Breakfast

WG Cereal
Orange Cup
Michigan Milk

Lunch

WG Fettuccini Alfredo w/Garlic Bread
Steamed Green Peas
Strawberry Cup
Michigan Milk

