

WEEKLY MENU RECORD

Name of Center/Sponsor	HLC Montessori School		Month December		Week 3-7		Year 2018	
Menu Item	Menu		Menu		Menu		Menu	
Breakfast	Monday Date 12-3	Tuesday Date 12-4	Wednesday Date 12-5	Thursday Date 12-6	Friday Date 12-7			
Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk		
Fruit/Veg./Juice	Canned Tropical Fruit	Canned Pineapples	Canned Mand. Oranges	Canned Applesauce	Canned Pears			
Bread/Grains	WGR Boxed Cereal	Frozen Hashbrowns	Canned Biscuits & Gray	Frozen Pancakes	WGR Boxed Cereal			
<i>(Must serve 3 components)</i>								
A.M. Supplement								
Milk								
Meat/Meat Alternate								
Fruit/Veg./Juice								
Bread/Grains								
<i>(Must serve 2 components)</i>								
Lunch								
Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk		
Meat/Meat Alternate	Frozen Pizza	Fresh Ground Beef/Taco	Frozen Meatball/Sauce	HM Hamburger Helper/Cheese	Frozen Chicken Nuggets			
Fruit/Veg.	Canned Corn	Fresh Garden Salad/Cheese	Canned Green Beans	Canned Peas	Canned Corn			
Fruit/Veg.	Canned Pears	Canned Peaches	Canned Pears	Canned Applesauce	Canned Peaches			
Bread/Grains	Pizza Crust	Chips/Flour Tortilla	WGR Sliced Bread	WGR Sliced Bread/Noddles	WGR Sliced Bread			
<i>(Must serve 5 items)</i>								
P.M. Supplement								
Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk			
Meat/Meat Alternate						Sliced Pepperoni & Cheese		
Fruit/Veg./Juice		Sliced Cheese	Salsa			Apple Juice		
Bread/Grains	Chex Mix	WGR Triscuits	Chips	Goldfish	Crackers			
<i>(Must serve 2 components)</i>								
Supper								
Milk								
Meat/Meat Alternate								
Fruit/Veg.								
Fruit/Veg.								
Bread/Grains								
<i>(Must serve 5 items)</i>								

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