

DECEMBER 2023

<p>4 Monday</p> <p>Breakfast: French toast sticks w/ syrup or assorted cereal</p> <p>Lunch: Orange chicken, rice, broccoli</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: chicken Caesar w/ romaine mix, croutons, parmesan cheese & a roll</p>	<p>5 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Chicken patty, potato wedges, baked beans</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken with tomato, cucumbers, cheese, croutons, & a roll</p>	<p>6 Wednesday</p> <p>Breakfast: Breakfast sandwich, egg sausage and cheese on a bagel/ English muffin/waffle or assorted cereal</p> <p>Lunch: Meatball sub, seasoned potato's green beans</p> <p>Deli: Ham and cheese sandwich, fresh carrots with ranch dip</p> <p>Salad: Chicken Caesar w/romaine mix, croutons, parmesan cheese & a roll</p>	<p>7 Thursday</p> <p>Breakfast: 2 Pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Ham and cheese croissant, chips, apple slices</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken with tomato, cucumber, cheese, croutons and a roll</p>	<p>8 Friday</p> <p>Breakfast: Egg, sausage & cheese on an English muffin or assorted cereal</p> <p>Lunch: Domino's pizza, romaine salad</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/romaine mix, croutons, parmesan cheese and a roll</p>
<p>11 Monday</p> <p>Breakfast: French toast Sticks w/ syrup or assorted cereal</p> <p>Lunch: Quesadilla, cheesy rice, refried beans</p> <p>Deli; Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese and a roll</p>	<p>12 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Spicy chicken nuggets, rice, broccoli, dipping sauces and a roll</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & a roll</p>	<p>13 Wednesday</p> <p>Breakfast: Breakfast sandwich, egg, sausage, and cheese on a bagel or English muffin or waffle</p> <p>Lunch: Rotini w/ meatsauce, green beans, garlic bread</p> <p>Deli: Ham and cheese sandwich, fresh carrots,w/ ranch dip</p> <p>Salad: Chicken Caesar w romaine mix, croutons parmesan cheese & a roll</p>	<p>14 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Cheeseburger, French fries, waxed beans</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli, w/ ranch dip</p> <p>Salad: Grilled chicken, w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p>15 Friday</p> <p>Breakfast: Egg, sausage and cheese on a English muffin or assorted cereal</p> <p>Lunch: 2 cheese sticks w/ marinara and romaine salad</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese and a roll</p>