



December 2017



Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>					<p>1 Dry Cereal, fruit, milk</p> <p>Vegetarian chili with crackers, fruit & milk</p> <p>Pretzels and fruit</p>	2
<p>*All fruit is fresh unless otherwise stated*</p>	<p>4 Dry cereal, fruit, milk</p> <p>Turkey noodle soup, sliced carrots, crackers, fruit, milk</p> <p>Rice cakes, fruit</p>	<p>5 Oatmeal, fruit & milk</p> <p>Cheese quiche with broccoli, fruit, milk</p> <p>Fresh Veggies & hummus</p>	<p>6 Dry cereal, fruit, milk</p> <p>Beef goulash, fruit, milk</p> <p>Cereal mix & fruit</p>	<p>7 Bagel, fruit, milk</p> <p>Red beans & rice with corn, fruit, milk</p> <p>Soft pretzels & fruit</p>	<p>8 Dry cereal, fruit, milk</p> <p>Pasta marinara with shredded mozzarella, fruit, milk</p> <p>Crackers & Sunflower butter</p>	9
<p>*IC3 Breakfast: All IC3 breakfasts include a wholegrain component with less than .212g of sugar for dry cereals*</p>	<p>11 Dry cereal, fruit, milk</p> <p>Hummus & pita, broccoli, fruit, milk</p> <p>Cornbread & milk</p>	<p>12 Bagel, fruit, milk</p> <p>Sun butter on whole wheat with green beans, fruit & milk</p> <p>Dry cereal & milk</p>	<p>13 Dry cereal, fruit, milk</p> <p>Sliced turkey on WW with carrots, fruit & milk</p> <p>Crackers & fruit</p>	<p>14 Oatmeal, fruit, milk</p> <p>Beef chili with French bread, fruit, milk</p> <p>Yogurt & fruit</p>	<p>15 Dry cereal, fruit, milk</p> <p>Macaroni & cheese, peas, fruit, milk</p> <p>Pretzels & fruit</p>	16
17	<p>18 Dry cereal, fruit, milk</p> <p>Chicken and biscuits with gravy, mashed potatoes, green beans & milk</p> <p>Bran muffin & fruit</p>	<p>19 Oatmeal, fruit & milk</p> <p>Cheese pizza, carrots, fruit & milk</p> <p>Goldfish & fruit</p>	<p>20 Cold cereal fruit and milk</p> <p>Tex Mex lasagna, guacamole salad, fruit & milk</p> <p>Crackers & cheese</p>	<p>21 Bagel fruit & milk</p> <p>BBQ beans with cornbread, mixed vegetables, fruit & milk</p> <p>Rice cakes & fruit</p>	<p>22 Dry cereal, fruit & milk</p> <p>Sunflower butter on whole wheat, green beans, fruit, milk</p> <p>Graham crackers & Raisins</p>	23
24	<p>25 CLOSED Winter Break</p>	<p>26 CLOSED Winter Break</p>	<p>27 CLOSED Winter Break</p>	<p>28 CLOSED Winter Break</p>	<p>29 CLOSED Winter Break</p>	<p>30 CLOSED Winter Break IC3 will re-open Jan. 2nd</p>