

December 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	2 WG Life cereal, pear & milk Sunbutter on WW, bananas, steamed green beans & milk Pretzels & 100% apple juice	3 WG Oatbran muffin, orange & milk Macaroni & cheese, steamed peas & carrots, applesauce & milk Yogurt & banana	4 Waffles (contain egg), sliced peaches & milk Chicken soft taco w/ black beans & corn, fruit salad & milk WG Wheat Thins & pear	5 Cornflakes, banana & milk Moroccan chick-pea stew (contains sesame, vegan) w/ pita, fruit salad & milk WG cereal snack mix & apple	6 WG Cheerios, pear & milk Meatballs (Contain egg, beef, pork & dairy) in red sauce w/ French bread, tossed salad, kiwi & milk Graham crackers & milk	7
All fruit is fresh unless otherwise stated *WG (Whole Grain) *ALL Dry cereal has less than .212 grams of sugar	9 WG Kix cereal, apple & milk Cheese quiche (contains egg & dairy), steamed peas, slices peaches & milk Soft pretzel bites & orange	10 WG oatmeal, banana & milk Beef chili, crackers, apple & milk Ritz crackers & sunbutter	11 Corn muffin (Contains egg & dairy) orange & milk BBQ Chicken slider w/ steamed corn applesauce & milk WG Triscuits & cheese	12 WG Life cereal, pear & milk Cheese pizza, steamed broccoli, cauliflower & carrots, pineapple tidbits & milk Goldfish & apple	13 Rice Krispies, orange & milk Sliced ham & cheese on WW, potato soup, banana & milk Animal crackers & milk	14
Note: Water is served for afternoon snack where no other beverage is listed Milk is served with breakfast and lunch	16 WG Life cereal, apple & milk Chicken and gravy w/ biscuit, mashed potatoes, sliced pears & milk Cheeze-Its & banana	17 Cornflakes, orange & milk Chicken vegetable soup w/ bread, banana & milk WG Rice cakes & sunbutter	18 Waffles, sliced peaches & milk Pasta marinara, shredded mozzarella, kiwi & milk WG cereal snack mix & apple	19 Corn muffin (contains egg & dairy) orange & milk Falafel chili (Contains sesame) oyster crackers, banana & milk WG Wheat Thins & apple	20 WG Kix cereal, apple & milk Sliced turkey w/ bacon and Swiss on WW w/ guacamole, tossed salad, fruit salad & milk Graham crackers & milk	21
22	23	24	25	26	27	28
<div style="border: 2px dashed blue; padding: 10px; margin: 10px auto; width: 80%;"> <p>IC3 is closed from December 23, 2024 to January 1, 2025 (IC3 will reopen January 2, 2025)</p> </div>						
29	30					