KANSAS

December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1 WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit **Diced Chicken & Vegetable Soup** Add'l Vegetable, Fruit, WG Roll V- Cheese Sandwich Snap Peas & WG Champ Bite Crackers	2 WG Cereal, Fruit **WG Pollock Fish Taco** Coleslaw, Fruit, WG Tortilla V- Same Pita Bread Chips, Hummus, Veggie Sticks
Week 2	5 Melted Cheese Tostada, Mango Peach Salsa **WG Pasta, Meatballs & Pasta Sauce** Fresh Veggie, Pineapple V- Veggie Meatballs Cucumbers & Melon	6 Greek Yogurt, Granola, Berries **Chicken, Waffles & Orange Marmalade** Vegetable, Fruit V- Sunbutter Tropical Dragon Fruit, Cauliflower	7 WG Cereal, Fruit **Chef's Choice** Meat/Meat Alternate, Veggie, Fruit, WG Bread/Grain WG Tortilla & Ham Slice	8 Hard Cooked Eggs, Fruit **Hoagie** Cheese & Fresh Spinach, WG Hot Dog Bun, Greek Yogurt, Fresh Fruit V-Same Cereal & Milk	9 WG Turkey Sausage Breakfast Pizza, Fruit **Chicken & Refried Bean Chalupas** Corn Tortilla, Vegetable, Fruit V- Cheese String cheese & Carrot Sticks
Week 3	12 Oatmeal & Toppings, Fruit **Grilled Chicken Nuggets or Strips** WG Roll, Sweet Potato Veggie Bend, Fruit, V- Sunbutter Sandwich Graham Crackers & Milk	13 WG Blueberry Muffin, Greek Yogurt, Fruit **Santa Fe Burrito WG** Tortilla, Brown Rice, Vegetarian Beans, Cheese, Salsa Veggie & Fruit V- Same WG Soft Baked Pretzels, Honey Mustard Dip, Cucumbers	14 WG Bagel, Cream Cheese, Fruit **Mac N Cheese & Ham** Broccoli, Fruit V- Cottage Cheese Naan, Jicama Sticks, Tzatziki Dip	15 WG French Toast Sticks, Cottage Cheese, Fruit **Chicken & Arroz Con Queso (Rice w/Cheese)** Green Chickpeas, Fruit V - Tofu Hawaiian Roll & Pineapple	16 Eggs, Fruit **Veggie Burger** WG Bun, Lettuce, Tomato, Fruit V- Same **Pick Up Kix** Apples, Sunbutter, Kix Cereal
Week 4	19 Sausage Patty, WG Bread, Fruit **WG Mini Ravioli & Pasta Sauce** Cottage Cheese, Parm Cheese, Fruit, Veggie V- Same Mango, WG Black Bean Crackers	20 Egg, Mango Peach Salsa Tortilla Wrap, Fruit **Diced Turkey Mashed Potato Bowl** Broccoli, WG Roll, Fruit V-Tofu Ranch & Cream Cheese WG Tortilla Roll Up, Milk	21 WG Cereal, Fruit **Chef's Choice** Meat/Meat Alternate Fruit, Vegetable, WG Bread/Grain WG Cheez-Its, Fresh Fruit	22 Eggs, Fruit **Chicken Penne & Alfredo Sauce** Diced Chicken, WG Penne, Peas, Fruit V- Cheese WG Chex Mix, Bell Pepper Strips	23 WG Biscuit & Ham Patty Breakfast Sandwich, Fruit **Hungarian Goulash** Beef Crumble, Diced Potatoes, WG Bread Choice, Fruit V- Tofu Greek Yogurt & Mandarin Oranges
Week 1	26 **Center Closed**	27 WG Tortilla, Sunbutter, Banana & Cheerio Wrap **Italian Dunkers** French Bread Pizza, Marinara Sauce Fruit, Bell Pepper V- Same Peaches & Cottage Cheese	28 WG Sandwich Thin & Cream Cheese Turkey/Ham Slice Fruit **Meatloaf** Green Beans, Roasted Potatoes, WG Roll V- Veggie Burger Mini Bagel, Sunbutter, Blueberries	29 WG Waffle, Greek Yogurt & Cinnamon Dip, Fruit **Diced Chicken & Vegetable Soup** Add'l Vegetable, Fruit, WG Roll V- Cheese Sandwich Snap Peas & Crackers	30 WG Cereal, Fruit **WG Pollock Fish Taco** Coleslaw, Fruit, WG Tortilla V- Same Pita Bread Chips, Hummus, Veggie Sticks

MEAL STANDARD GUIDELINES: **Milk** is served with breakfast and lunch. Ages 12-23 months are served whole milk. Ages 2 and older are served skim milk.

Whole grain and lower sugar cereals exclusively served: Cheerios, Chex, Life, Corn Flakes, Kix, Toasty O's **Fruits and vegetables:** Fresh/frozen, canned (no sugar added)

Raw, hard vegetables: steamed or substituted for infants/toddlers **Yogurt:** Less than 23 grams of total sugar per 6 ounces **Water:** Offered and available throughout the day

WG=Whole Grain (served 2-3 meals/day) **V**=Vegetarian for children that practice exclusively vegetarian *Menu is subject to change