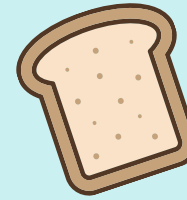
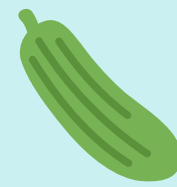




December

SNACK MENU



December's learning theme is
"Winter & Giving Back"



= Homemade



= Organic

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	 AM: Southwestern breakfast burrito with black beans & bell peppers (O) PM: Quinoa raisin pudding (O)	 AM: Southwestern breakfast burrito with black beans & bell peppers (O) PM: Quinoa raisin pudding (O)	 AM: Cranberry applesauce & granola PM: Avocado hummus sandwich on whole grain roll	 AM: Southwestern breakfast burrito with black beans & bell peppers (O) PM: Quinoa raisin pudding (O)	 AM: Cranberry applesauce & granola PM: Avocado hummus sandwich on whole grain roll
TUE		 AM: Fruit & veggie gummies with cinnamon raisin bread PM: Roasted veggie sandwich on whole grain roll	 AM: Vegan pumpkin muffins (O) PM: "Candy Cane" (strawberry & banana) parfait with granola (O)	 AM: Fruit & veggie gummies with cinnamon raisin bread PM: Roasted veggie sandwich on whole grain roll	 AM: Vegan pumpkin muffins (O) PM: "Candy Cane" (strawberry & banana) parfait with granola (O)
WED	 AM: Apple oat crisp (O) PM: Sweet potatoes & wild rice (O)	 AM: Carrot loaf cake (O) PM: Whole grain noodles with seven veggie sauce	 AM: Wellie-made gingerbread cookies PM: Cauliflower macaroni & cheese (O)	 AM: Carrot loaf cake (O) PM: Whole grain noodles with seven veggie sauce	 AM: Fig bars (O) PM: Cauliflower macaroni & cheese (O)
THU	AM: Whole grain English muffin with sunbutter & bananas (O) PM: Hidden veggie pizza bread	 AM: Cranberry oatmeal (O) PM: "Melted Snowmen" (mashed potatoes with maple glazed baby carrots) (O)	AM: Whole grain English muffin with sunbutter & bananas (O) PM: Hidden veggie pizza bread	AM: Cranberry oatmeal (O) PM: "Melted Snowmen" (mashed potatoes with maple glazed baby carrots) (O)	AM: Whole grain English muffin with sunbutter & bananas (O) PM: Hidden veggie pizza bread
FRI	 AM: Broccoli quiche (O) PM: Whole grain pasta with organic cherry tomatoes & mozzarella pearls (O)	 AM: Fruit & veggie frozen yogurt pops (O) PM: Zucchini noodles with lentil bolognese	 AM: Broccoli quiche (O) PM: Whole grain pasta with organic cherry tomatoes & mozzarella pearls (O)	 CLOSED <i>Christmas Eve</i>	 CLOSED <i>Happy New Year</i>

Any exceptions or changes to menu will be noted and are always accessible to families upon request. In season this month: Long-lasting storage crops such as winter squash, onions, dry beans, beets and sweet potatoes.