

Early Learning Center

December 2023

Every Breakfast Includes:

1. Fruit-1 Cup
2. All Whole Grain-1 to 2 Ounces
3. Dairy-8 Ounces

Optional meat/meat alternate may be offered as well.

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. All Whole Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or

Every Snack Includes 2 of the following Categories:

Fluid Milk
100% Juice, Fruit or Vegetable
Meat or Meat Alternate
Whole Grains

Save time & money! No Fees for Food Service online Depositing!

Visit www.washington.k12.mo.us

Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk</p>	<p>28 <u>Breakfast: Mini Waffles</u> Pancakes & Sausage Patty Baby Carrots Baked Apples Milk Snack: Cheez-its/Milk</p>	<p>29 <u>Breakfast: French Tst Sticks</u> Popcorn Chicken Chicken Brown Rice Broccoli Pineapple Rice Krispy Treat Snack: Baked Cheetos Puffs/Milk</p>	<p>30 <u>Breakfast: Honey Bun</u> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk</p>	<p>1 <u>Breakfast: Muffin</u> Bosco Sticks California Vegetables Mixed Fruit Milk Snack: Fruit Cup/Milk</p>
<p>4 <u>Breakfast: Cereal</u> Mini Corn Dogs Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice</p>	<p>5 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice</p>	<p>6 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Spaghetti in Marinara Glazed Carrots Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk</p>	<p>7 <u>Breakfast: Honey Bun</u> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice</p>	<p>8 <u>Breakfast: Muffin</u> Pizza Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice</p>
<p>11 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk</p>	<p>12 <u>Breakfast: Mini Waffles</u> Pancakes & Sausage Patty Baby Carrots Baked Apples Milk Snack: Cheez-its/Milk</p>	<p>13 <u>Breakfast: French Tst Sticks</u> Popcorn Chicken Chicken Brown Rice Broccoli Pineapple Brownie Snack: Baked Cheetos Puffs/Milk</p>	<p>14 <u>Breakfast: Honey Bun</u> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk</p>	<p>15 <u>Breakfast: Muffin</u> Bosco Sticks California Vegetables Mixed Fruit Milk Snack: Fruit Cup/Milk</p>
<p>18 <u>Breakfast: Cereal</u> Mini Corn Dogs Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice</p>	<p>19 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice</p>	<p>20 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Spaghetti in Marinara Glazed Carrots Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk</p>	<p>21 <u>Breakfast: Honey Bun</u> Hamburger on Bun Baked Chips Baby Carrots Fresh Sliced Apples Cookie Snack: Cheez-its/100% Juice</p>	<p>22 NO SCHOOL</p>
<p>25 NO SCHOOL</p>	<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>	<p>28 NO SCHOOL</p>	<p>29 NO SCHOOL</p>

*Merry
Christmas*