

# December 2022

\* Fruit & Vegetable for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese or Turkey Sandwich	Rice w Bean Asian style Mix Vegetable: String Bean, carrot  <b>Roasted Chicken</b>	Pizza Veggies Fruit  <b>Celebrate Christmas Party</b>	Rice / Lo Mein Asian style Mix Vegetable: Broccoli potato  <b>Pepper Chicken</b>	Veggie Tofu / Chicken Fred Rice  Or Baked Ziti  Chef: Banana Bread

# Notes for Menu



1. Each meal has these four food groups:
  1. **Vegetables:** Pepper, Broccoli, Cucumber, Celery, Tomatoes, Carrots, Spinach, Mushroom, Lettuce, Bean Sprout, Green bean
  2. **Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup, Papaya
  3. **Grains:** Pasta, Rice, Bread, Bagels, Sweet Potatoes, Potatoes, Corn Bread, Corn
  4. **Proteins:** Cheese, Beans, Tofu, Meat, Eggs
1. We provide vegetarian choice every day.
2. We encourage children to try variety of food. Yet, please feel free to provide your own lunch if the child does not eat the meal in the menu.

