

Monday

Tuesday

Wednesday

Thursday

Friday



5
Banana
Cheese stick
WG shredded wheat cereal
Mixed Vegetables

6
Orange slices
WG Pretzel
Pepper slices
hummus

7
Lunch: Turkey & cheese sandwich on WG bread, carrots & cantaloupe
Snack: WG popcorn & grapes

8
Honeydew Melon
WG wheat thins
Cucumber slices
Cheese cubes + Salami

9
WG Bagel w/sunbutter
Craisins
Yogurt
Celery

12
Applesauce
WG teddy grahams
Carrots
Ham & cheese roll up

13
Grapes
WG pita
Cucumber slices
Yogurt Tzatziki

14
Lunch: Sunbutter & jelly sandwich on WG bread, pear & tomatoes
Snack: WG soft pretzel & broccoli with cheese sauce

15
Clementine
WG rice cake
Pepper slices
Cheese stick

16
Apple
WG wheat thins
Mixed veggies
hummus

19
Cheese cubes
Carrots
Orange Slices
WG Muffin

20
Pesto caprese pasta salad with Cantaloupe

21
Lunch: Ham & Cheese sandwich on WG bread, clementine & side salad
Snack: WG tortilla chips & corn salsa

22
Craisins
WG Cinnamon Chex
Vanilla Yogurt
Cucumber slices

23
Peach cup
WG pretzel nuggets
Celery
sunbutter

26
OST CLOSED
(December Vacation Camp 12/27-12/30)

27
Lunch: Chicken, lettuce & Ranch Wrap, Carrots, & Pineapple
Snack: Applesauce & WG Teddy Graham

28
Lunch: Sunbutter & jelly sandwich on WG bread, peppers and orange slices
Snack: Apple & Cheese Stick

29
Lunch: Meatball Sub on WG Sub roll, green beans & clementine
Snack: WG Bagel w/ Cream Cheese & Banana

30
Lunch: Chicken Nuggets with WG Dinner roll, Corn, & Apple slices
Snack: Yogurt Parfait (yogurt, berries & granola)