

# DECEMBER 2018

## RADEZ 3-5

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES

MENU SUBJECT TO CHANGE WG CEREAL/100% FRUIT JUICE/FF AND 1% MILK AVAILABLE EVERYDAY CHEF SALAD/FRUIT PARFAITS AVAILABLE IN LIMITED QUANTITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>26 Day 4</i></p> <p>WG Cinnamon Toast</p> <p>WG Chicken Nuggets WG Roll</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Fruit choices ½ cup Fresh OR Strawberry cups</p> <p>Vegetable Choices ¾ cup Sweet Carrot Coins Mashed Potatoes</p>	<p><i>27 Day 5</i></p> <p>WG Warm Donuts</p> <p>Mini Pancakes Sausage Patty</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ cup Green Beans Babycakes</p>	<p><i>28 Day 6</i></p> <p>WG Muffin</p> <p>Taco/Shells/Seasoned Meat/Shredded Cheese Nachos/Chips/Cheese Sauce</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Peaches</p> <p>Vegetable choices ¾ cup Chopped Lettuce/Tomato cups Golden Corn</p>	<p><i>29 Day 1</i></p> <p>WG Pancake Sticks</p> <p>Oven Roasted Hot Dog WG Roll/Mac &amp; Cheese</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mixed Berry Cups</p> <p>Vegetable Choices ¾ cup Oven Baked Beans/Broccoli</p>	<p><i>30 Day 2</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted Cheesy Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens (1 c = ½ c) Veggie Pasta</p>
<p><i>3 Day 3</i></p> <p>WG Bagel Cream Cheese</p> <p>WG Chicken Strips WG Roll</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Steamed Spinach Mashed Potatoes</p>	<p><i>4 Day 4</i></p> <p>WG Breakfast Bun</p> <p>Toasted Cheese Sandwich Seasoned Noodles</p> <p>Tuna salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Fresh Tomato Soup Green Beans</p>	<p><i>5 Day 5</i></p> <p>WG Muffin</p> <p>Taco/Shells/Seasoned Meat/Shredded Cheese Nachos/Chips Cheese Sauce/Seasoned Rice</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Mixed Greens/Diced Tomato/Com</p>	<p><i>6 Day 6</i></p> <p>WG Pancake Stick</p> <p>WG French Toast Sticks Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh or Mixed Berry Cup</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Babycakes</p>	<p><i>7 Day 1</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted Cheesy Pizza 2oz</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Veggie Pasta</p>
<p><i>10 Day 2</i></p> <p>WG Cinnamon Toast</p> <p>WG Popcorn Chicken/WG Roll</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh Or Mixed Berry Cups</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p><i>11 Day 3</i></p> <p>WG Breakfast Bun</p> <p>Mini Pancakes or French Toast Sticks Sausage Patty</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh Or Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Baby Cakes Green Beans</p>	<p><i>12 Day 4</i></p> <p>WG Muffins</p> <p>4 WG Mozzarella Sticks Baked Pasta WG Garlic Roll</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Broccoli Cuts</p>	<p><i>13 Day 5</i></p> <p>WG Pancake Sticks</p> <p>Turkey Gravy &amp; Biscuits Cranberry Sauce</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Mashed Potatoes Mixed Vegetables</p>	<p><i>14 Day 6</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted RF Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh or Mandarin Oranges</p> <p>Vegetable Choices ¾ Cup Mixed Greens Golden Corn Veggie Pasta</p>
<p><i>17 Day 1</i></p> <p>WG Bagel Cream Cheese</p> <p>5 WG Chicken Nuggets WG Bread Slice</p> <p>Peanut Butter/Jelly Sandwich WG Bread</p> <p>Fruit Choices ½ Cup Fresh Or Peaches</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p><i>18 Day 2</i></p> <p>WG Breakfast Bun</p> <p>Hamburger/Cheeseburger WG Roll/Pickle Chips</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Lettuce and Tomato Cups Oven Fries Oven Baked Beans</p>	<p><i>19 Day 3</i></p> <p>WG Muffins</p> <p>Mozzarella Sticks/Garlic Roll Baked Pasta</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Green Beans Broccoli Cuts</p>	<p><i>20 Day 4</i></p> <p>WG Pancake Stick</p> <p>French Toast Sticks Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mandarin Oranges</p> <p>Vegetable Choices ¾ Cup Babcakes Golden Corn</p>	<p><i>21 Day 5</i></p> <p>WG Warm Donuts</p> <p>WG Fresh OR Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Pineapple Chunks</p> <p>Vegetable Choices ¾ Cup Mixed Greens Veggie Pasta</p>