



Monday	Tuesday	Wednesday	Thursday	Friday
<b>10</b> Life Cereal Tropical Fruit 1% White Milk	<b>11</b> WG Blueberry Muffin Diced Pears 1% White Milk	<b>12</b> Dannon Nonfat Creamy Yogurt Pineapple Tidbits 1% White Milk	<b>13</b> Cheerios Diced Peaches 1% White Milk	<b>14</b>
<b>17</b> MLK Day	<b>18</b> WG Blueberry Bread Slice Apple Juice 1% White Milk	<b>19</b> Dannon Nonfat Creamy Yogurt Pineapple Tidbits 1% White Milk	<b>20</b> Corn Flakes Diced Pears 1% White Milk	<b>21</b>
<b>24</b> Rice Chex Diced Pears 1% White Milk	<b>25</b> WG Banana Muffin Orange Juice 1% White Milk	<b>26</b> Dannon Nonfat Creamy Yogurt Mandarin Oranges 1% White Milk	<b>27</b> Cheerios Pineapple Tidbits 1% White Milk	<b>28</b>
<b>31</b> Kix Mandarin Oranges 1% White Milk				



*Thought for Thought*

To fill the hour-that is happiness. - Ralph Waldo Emerson

*Tips & Information*

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

12/16/2021 4:14:43 PM

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**\*\*Menu Subject to Change\*\***



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>10</b></p>	<p><b>Bag Lunch</b></p> <p>Sunbutter Carrots w/Ranch Fresh Apple String Cheese 1% White or 1% Chocolate Milk</p> <p><b>11</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey and Cheese Sub on WG Bun Broccoli Florets w/Ranch Apple Slices 1% White or 1% Chocolate Milk</p> <p><b>12</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey Ham &amp; Cheese Wrap Carrot Stix w/ Ranch Mixed Fruit Cup 1% White or 1% Chocolate Milk</p> <p><b>13</b></p>	<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>14</b></p>
<p><b>17</b> <b>MLK Day</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey &amp; Cheese Sandwich Celery w/Ranch Craisins 1% White or 1% Chocolate Milk</p> <p><b>18</b></p>	<p><b>Bag Lunch</b></p> <p>Hawaiian Ham Sandwich sunflower seeds Carrots w/Ranch Apple 1% White or 1% Chocolate Milk</p> <p><b>19</b></p>	<p><b>Bag Lunch</b></p> <p>Italian Combo Sandwich Broccoli Florets w/Ranch Mixzees 1% White or 1% Chocolate Milk</p> <p><b>20</b></p>	<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>21</b></p>
<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>24</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey and Cheese Sub on WG Bun Broccoli Florets w/Ranch Apple Slices 1% White or 1% Chocolate Milk</p> <p><b>25</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey Ham &amp; Cheese Wrap Carrot Stix w/ Ranch Mixed Fruit Cup 1% White or 1% Chocolate Milk</p> <p><b>26</b></p>	<p><b>Bag Lunch</b></p> <p>Sunbutter Carrots w/Ranch Fresh Apple String Cheese 1% White or 1% Chocolate Milk</p> <p><b>27</b></p>	<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>28</b></p>
<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>31</b></p>				



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12/16/2021 8:55:55 AM

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1% White & 1%Chocolate Milk available daily.



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>10</b> Trix Cereal Bar  Animal Grahams Diced Pears Orange Juice 1% White Milk	<b>11</b> Cinnamon Toast Crunch Cereal bar  Mini Vanilla Wafers Apple Juice Mixed Fruit Cup 1% White Milk	<b>12</b> Dannon Nonfat Creamy Yogurt  Giant Cinnamon Goldfish Fresh Apple 1% White Milk	<b>13</b> Smore Nutrition Bar  Giant Cinnamon Goldfish Mixed Berry Applesauce Cup Apple Juice 1% White Milk	<b>14</b> WG Goody Bun  Fresh Banana Orange Juice 1% White Milk
<b>17</b> MLK Day	<b>18</b> Breakfast Nutrition Bar  Orange Juice Pineapple Tibits Cup 1% White Milk	<b>19</b> WG Bagel w/Cream cheese  Fresh Apple 1% White Milk	<b>20</b> WG Banana Muffin  Mini Vanilla Wafers Apple Juice Mandarin Orange Cup 1% White Milk	<b>21</b> WG Cinnamon Bun  Fresh Banana Orange Juice 1% White Milk
<b>24</b> Cocoa Puff Cereal Bar  Animal Grahams Fruit mix Apple Juice 1% White Milk	<b>25</b> Butterscotch Oatmeal Bar  Giant Cinnamon Goldfish Diced Pear Cup Orange Juice 1% White Milk	<b>26</b> Dannon Nonfat Creamy Yogurt  Giant Cinnamon Goldfish Fresh Apple 1% White Milk	<b>27</b> Double Chocolate Chip Muffin  Mini Vanilla Wafers Apple Juice Mandarin Orange Cup 1% White Milk	<b>28</b> WG Cinnabar  Fresh Banana Orange Juice 1% White Milk
<b>31</b> Cinnamon Toast Crunch Cereal  Animal Grahams Mandarin Orange Apple Juice 1% White Milk				



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12/16/2021 4:09:39 PM

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>BBQ Beef Meatballs</b>  Seasoned Corn Diced Peaches 1% White or 1% Chocolate Milk  <b>10</b>	<b>Breaded Chicken Drumstick</b>  Seasoned Greens WG Dinner Roll Fresh Apple 1% White or 1% Chocolate Milk  <b>11</b>	<b>Classic Cheeseburger on WW Bun</b>  Baked Beans Pineapple Tidbits 1% White or 1% Chocolate Milk  <b>12</b>	<b>Asian Chicken w/ Brown Rice and WW Dinner Roll</b>  Stir Fry Vegetables Fresh Banana 1% White or 1% Chocolate Milk  <b>13</b>	<b>WG Pizza Slice</b>  Baby Carrots w/ Ranch Fruit mix 1% White or 1% Chocolate Milk  <b>14</b>
<b>17</b> <b>MLK Day</b>	<b>Popcorn Chicken w/ WG Crackers</b>  Seasoned Corn Pineapple Tidbits 1% White or 1% Chocolate Milk  <b>18</b>	<b>Walking Taco w/ WG Corn Chips</b>  Romaine w/ Dressing Fresh Apple 1% White or 1% Chocolate Milk  <b>19</b>	<b>Breaded Chicken Patty on WW Bun</b>  Tossed Salad with Ranch Fresh Banana 1% White or 1% Chocolate Milk  <b>20</b>	<b>WG Pizza Slice</b>  Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk  <b>21</b>
<b>All-American Hamburger on WW Bun</b>  Baked Beans Diced Peaches 1% White or 1% Chocolate Milk  <b>24</b>	<b>Meatballs &amp; Gravy with WW Dinner Roll</b>  Diced Potatoes Fresh Apple 1% White or 1% Chocolate Milk  <b>25</b>	<b>Beef &amp; Cheese Nachos w/ WG Corn Chips</b>  Romaine w/ Dressing Pineapple Tidbits 1% White or 1% Chocolate Milk  <b>26</b>	<b>Chicken Strips w/ WG Goldfish Crackers</b>  Baked Green Beans Fresh Banana 1% White or 1% Chocolate Milk  <b>27</b>	<b>WG Pizza Slice</b>  Baby Carrots w/ Ranch Fruit mix 1% White or 1% Chocolate Milk  <b>28</b>
<b>Classic Cheeseburger on WW Bun</b>  Baked Beans Diced Peaches 1% White or 1% Chocolate Milk  <b>31</b>				



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10</b></p> <p><b>Trix Cereal Bar</b></p> <p>Animal Grahams Diced Pears Orange Juice 1% White Milk</p>	<p><b>11</b></p> <p><b>Cinnamon Toast Crunch Cereal bar</b></p> <p>Mini Vanilla Wafers Apple Juice Mixed Fruit Cup 1% White Milk</p>	<p><b>12</b></p> <p><b>Dannon Nonfat Creamy Yogurt</b></p> <p>Giant Cinnamon Goldfish Fresh Apple 1% White Milk</p>	<p><b>13</b></p> <p><b>Smore Nutrition Bar</b></p> <p>Mixed Berry Applesauce Cup Apple Juice 1% White Milk</p>	<p><b>14</b></p> <p><b>WG Goody Bun</b></p> <p>Fresh Banana Orange Juice 1% White Milk</p>
<p><b>17</b></p> <p><b>MLK Day</b></p>	<p><b>18</b></p> <p><b>Breakfast Nutrition Bar</b></p> <p>Orange Juice Pineapple Tibits Cup 1% White Milk</p>	<p><b>19</b></p> <p><b>WG Bagel w/Cream cheese</b></p> <p>Fresh Apple 1% White Milk</p>	<p><b>20</b></p> <p><b>WG Banana Muffin</b></p> <p>Mini Vanilla Wafers Apple Juice Mandarin Orange Cup 1% White Milk</p>	<p><b>21</b></p> <p><b>WG Cinnamon Bun</b></p> <p>Fresh Banana Orange Juice 1% White Milk</p>
<p><b>24</b></p> <p><b>Cocoa Puff Cereal Bar</b></p> <p>Animal Grahams Fruit mix Apple Juice 1% White Milk</p>	<p><b>25</b></p> <p><b>Butterscotch Oatmeal Bar</b></p> <p>Diced Pear Cup Orange Juice 1% White Milk</p>	<p><b>26</b></p> <p><b>Dannon Nonfat Creamy Yogurt</b></p> <p>Giant Cinnamon Goldfish Fresh Apple 1% White Milk</p>	<p><b>27</b></p> <p><b>Double Chocolate Chip Muffin</b></p> <p>Mini Vanilla Wafers Apple Juice Mandarin Orange Cup 1% White Milk</p>	<p><b>28</b></p> <p><b>WG Cinnabar</b></p> <p>Fresh Banana Orange Juice 1% White Milk</p>
<p><b>31</b></p> <p><b>Cinnamon Toast Crunch Cereal</b></p> <p>Animal Grahams Mandarin Orange Apple Juice 1% White Milk</p>				



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12/16/2021 8:56:14 AM

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>10</b></p>	<p><b>Bag Lunch</b></p> <p>Sunbutter Carrots w/Ranch Fresh Apple String Cheese 1% White or 1% Chocolate Milk</p> <p><b>11</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey and Cheese Sub on WG Bun Broccoli Florets w/Ranch Apple Slices 1% White or 1% Chocolate Milk</p> <p><b>12</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey Ham &amp; Cheese Wrap Carrot Stix w/ Ranch Mixed Fruit Cup 1% White or 1% Chocolate Milk</p> <p><b>13</b></p>	<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>14</b></p>
<p><b>17</b> <b>MLK Day</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey &amp; Cheese Sandwich Celery w/Ranch Craisins 1% White or 1% Chocolate Milk</p> <p><b>18</b></p>	<p><b>Bag Lunch</b></p> <p>Hawaiian Ham Sandwich sunflower seeds Carrots w/Ranch Apple 1% White or 1% Chocolate Milk</p> <p><b>19</b></p>	<p><b>Bag Lunch</b></p> <p>Italian Combo Sandwich Broccoli Florets w/Ranch Mixzees 1% White or 1% Chocolate Milk</p> <p><b>20</b></p>	<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>21</b></p>
<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>24</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey and Cheese Sub on WG Bun Broccoli Florets w/Ranch Apple Slices 1% White or 1% Chocolate Milk</p> <p><b>25</b></p>	<p><b>Bag Lunch</b></p> <p>Turkey Ham &amp; Cheese Wrap Carrot Stix w/ Ranch Mixed Fruit Cup 1% White or 1% Chocolate Milk</p> <p><b>26</b></p>	<p><b>Bag Lunch</b></p> <p>Sunbutter Carrots w/Ranch Fresh Apple String Cheese 1% White or 1% Chocolate Milk</p> <p><b>27</b></p>	<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>28</b></p>
<p><b>WG Pizza Slice</b></p> <p>Baby Carrots w/ Ranch Orange Juice 1% White or 1% Chocolate Milk</p> <p><b>31</b></p>				



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<p>Chicken Pot Pie w/ Diced Chicken &amp; Mixed Vegetable WG Biscuit Diced Strawberries 1% White Milk</p> <p><b>10</b></p>	<p>WW Spaghetti with Ground Turkey California Blend Vegetable (Carrots, Broccoli, Cauliflower) Pineapple Tidbits 1% White Milk</p> <p><b>11</b></p>	<p>Baked Chicken Breast Julienne Stir-Fry Vegetable Blend Brown Rice Diced Peaches 1% White Milk</p> <p><b>12</b></p>	<p>Chicken &amp; Cheese Wrap Diced Carrots Whole Wheat Tortilla Mandarin Oranges 1% White Milk</p> <p><b>13</b></p>	
<p><b>17</b> MLK Day</p>	<p>Beef Meatballs &amp; Gravy Zucchini &amp; Yellow Squash Wheat Egg Noodles Diced Melon 1% White Milk</p> <p><b>18</b></p>	<p>Grilled Chicken Salad with Chicken Breast Strips Chopped Romaine Salad with Tomato Breadsticks Tropical Fruit 1% White Milk</p> <p><b>19</b></p>	<p>Beef Stew with Stew Vegetables Seasoned Collard Greens WG Corn Bread w/Margarine Fresh Orange Smiles 1% White Milk</p> <p><b>20</b></p>	
<p>Deli Chicken Salad Baby Carrots w/ Ranch Whole Wheat Pita Bread w/Margarine Mandarin Oranges 1% White Milk</p> <p><b>24</b></p>	<p>Chicken Stew (potato, carrot, pea, tomato, celery in stew) Whole Wheat Oyster Crackers Fresh Orange Smiles 1% White Milk</p> <p><b>25</b></p>	<p>Chef Salad (Turkey Ham, Diced Egg, Cheese) Romaine Salad with Tomato &amp; Cucumber Breadsticks Diced Peaches 1% White Milk</p> <p><b>26</b></p>	<p>Half Turkey Ham Sandwich on WW Bread Vegetarian Baked Beans Pink Grapefruit Sections 1% White Milk</p> <p><b>27</b></p>	
<p>Deli Turkey and Cheese Wrap with WG Tortilla Fresh Broccoli Florets Whole Wheat Tortilla Diced Peaches 1% White Milk</p> <p><b>31</b></p>				



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<b>10</b> Trix Cereal Bar  Animal Grahams Diced Pears Orange Juice 1% White Milk	<b>11</b> Cinnamon Toast Crunch Cereal bar  Mini Vanilla Wafers Apple Juice Mixed Fruit Cup 1% White Milk	<b>12</b> Dannon Nonfat Creamy Yogurt  Giant Cinnamon Goldfish Fresh Apple 1% White Milk	<b>13</b> Smore Nutrition Bar  Giant Cinnamon Goldfish Mixed Berry Applesauce Cup Apple Juice 1% White Milk	<b>14</b> WG Goody Bun  Fresh Banana Orange Juice 1% White Milk
<b>17</b> MLK Day	<b>18</b> Breakfast Nutrition Bar  Orange Juice Pineapple Tibits Cup 1% White Milk	<b>19</b> WG Bagel w/Cream cheese  Fresh Apple 1% White Milk	<b>20</b> WG Banana Muffin  Mini Vanilla Wafers Apple Juice Mandarin Orange Cup 1% White Milk	<b>21</b> WG Cinnamon Bun  Fresh Banana Orange Juice 1% White Milk
<b>24</b> Cocoa Puff Cereal Bar  Animal Grahams Fruit mix Apple Juice 1% White Milk	<b>25</b> Butterscotch Oatmeal Bar  Giant Cinnamon Goldfish Diced Pear Cup Orange Juice 1% White Milk	<b>26</b> Dannon Nonfat Creamy Yogurt  Giant Cinnamon Goldfish Fresh Apple 1% White Milk	<b>27</b> Double Chocolate Chip Muffin  Mini Vanilla Wafers Apple Juice Mandarin Orange Cup 1% White Milk	<b>28</b> WG Cinnabar  Fresh Banana Orange Juice 1% White Milk
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