

December 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 1)	<b>West Lake Worth</b>	<b>This Menu is Subject to Change!</b>		1 Orange Juice 1 oz String Cheese Raisin Bran WG Bread & Margarine 1% Low Fat Milk	2 Orange Juice WG Bread & Margarine 2 oz Ham (Pork) 1 Slice Cheese 1 oz Peanut Butter Fresh Fruit 1% Low Fat Milk
LUNCH				Chicken & Rice Black Beans Juice cup Wheat Roll & Margarine 1% Low Fat Milk	Hot Dog Ketchup/Mustard Pinto Beans Cabbage & Carrots Fresh Fruit 1% Low Fat Milk
BREAKFAST (Week 2)	5 Orange Juice Applesauce Raisin Bran WG Bread & Margarine 2 Oz Ham (Pork) 1 Oz Peanut Butter 1% Low Fat Milk	6 2 Each Orange Juice 2 oz Bran Muffin 1 oz Peanut Butter 1 oz String Cheese 1% Low Fat Milk	7 Orange Pineapple Juice Yogurt WG Bread & Margarine 1oz Peanut Butter 1% Low Fat Milk	8 Orange Juice Bagel & Cream cheese 1 oz Snack Loaf 1% Low Fat Milk	9 Orange Juice 4 oz Cottage Cheese 1 oz Peanut Butter WG Bread & Margarine Fresh Fruit 1% Low Fat Milk
LUNCH	Chicken Parmesan Mashed Potatoes Broccoli & Cauliflower Wheat Roll 1% Low Fat Milk	Ground Beef Taco Filling Wheat Tortilla Corn Pinto Beans Juice cup 1% Low Fat Milk	BBQ Chicken Thigh Baked Beans Vegetable Medley Wheat Roll & Margarine Juice cup 1% Low Fat Milk	Meatballs in Gravy Spinach Brown Rice Wheat Roll Juice cup 1% Low Fat Milk	Chicken Salad on Bun Raw Carrots Three Bean Salad Fresh Fruit 1% Low fat Milk
BREAKFAST (Week 3)	12 Orange Juice Oat Scooters Cereal 1 Slice Cheese WG Bread 1 oz Peanut Butter 1% Low Fat Milk	13 Orange Juice Raisin Bran 2 oz Ham (Pork) WG Bread & Margarine 1 oz Peanut Butter 1% Low Fat Milk	14 Applesauce Fig Bar WG Bread & 1 oz Jelly 1 oz Peanut Butter 1% Low Fat Milk	15 Orange Pineapple Juice WG Bread & Margarine Yogurt 1 oz Peanut Butter 1% Low Fat Milk	16 Fresh Fruit All Bran Cereal 2 Each HB Eggs Snack Loaf 1% Low Fat Milk
LUNCH	BBQ Beef Riblet on Bun Peppers & Onions Broccoli Juice cup 1% Low Fat Milk	Roast Chicken Thigh Mash Potatoes California Blend Veg Wheat Roll Juice cup 1% Low Fat Milk	Italian Pasta Casserole Green Beans Peas & Carrots Roll Juice cup 1% Low Fat Milk	"No Meat Chili" Brown Rice Spinach Wheat Roll & Margarine Cookie 1% Low Fat Milk	Roast Beef w/Horseradish Sauce Scalloped Potatoes Green Beans Almondine Roll & Margarine Special Holiday Dessert 1% Low Fat Milk <b>"WINTER CELEBRATION"</b>
BREAKFAST (Week 4)	19 2 Each Orange Pineapple Juice WG Bread & 2 Margarine 1 oz Peanut Butter 1 oz Jelly 1% Low Fat Milk	20 Orange Juice Applesauce 1 oz String Cheese WG Bread & Margarine 2 oz Blueberry Muffin 1% Low Fat Milk	21 Orange Pineapple Juice Yogurt WG Bread & Margarine 1 oz Peanut Butter 1% Low Fat Milk	22 Orange Juice Oat Scooters Cereal 2 oz Ham (Pork) WG Bread & Margarine 1 oz Peanut Butter 1% Low Fat Milk	23 4 oz Cottage Cheese WG Bread & Margarine Fresh Fruit 1% Low Fat Milk
LUNCH	Glazed Chicken Thigh Peas & Carrots Beets WG Bread & Margarine Juice cup 1% Low Fat Milk	Chilled Cobb Pasta Salad Carrot \$ Raisin Salad Three Bean Salad Wheat Crackers Juice cup 1% Low Fat Milk	Black Beans & Rice Vegetable Medley Stewed Tomatoes Wheat Roll & Margarine Cookie 1% Low Fat Milk	Pasta w/Meat Sauce Tuscan Vegetables Green Beans Roll Fruit Cup 1% Low Fat Milk	Teriyaki Meatballs Spinach Glazed Carrots Wheat Roll Fresh Fruit 1& Low Fat Milk
BREAKFAST (Week 1)	26 <b>Closed</b>	27 <b>Closed</b>	28 Applesauce Yogurt 1 Oz Peanut Butter WG Bread & Margarine 1% Low Fat Milk	29 Orange Juice 1 oz String Cheese Raisin Bran WG Bread & Margarine 1% Low fat Milk	30 Orange Juice WG Bread & Margarine 2 oz Ham (Pork) 1 Slice Cheese 1 oz Peanut Butter Fresh Fruit 1% Low Fat Milk
LUNCH	<b>Happy Holidays</b>	<b>Happy Holidays</b>	Macaroni & Beef Casserole Green Beans Carrots Roll Juice Cup 1% Low Fat Milk	Chicken & Rice Black Beans Wheat Roll & Margarine Juice Cup 1% Low Fat Milk	NY Steak Patty w/Gravy Hoppin' John Turnip Greens Roll & Margarine Special Holiday Dessert 1% Low Fat Milk <b>"NEW YEAR'S MENU"</b>

