



Sweet Beginnings Early Learning Center

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BREAKFAST: Pancakes, oranges, milk LUNCH: Chicken Alfredo, broccoli, plums, milk SNACK: Graham crackers & milk	2 BREAKFAST: Bagels w/cream cheese, applesauce, milk LUNCH: Shepherd's Pie w/beef, mixed veggies, mixed fruit, bread, milk SNACK: Cheese & crackers
5 BREAKFAST: Rice Krispies, bananas, milk LUNCH: French bread pizza w/beef, green beans, oranges, milk SNACK: Yogurt & goldfish	6 BREAKFAST: Waffles, plums, milk LUNCH: Grilled ham & cheese sandwich, tomato soup, peaches, milk SNACK: Chex-mix & milk	7 BREAKFAST: Cinnamon roll, pineapple, milk LUNCH: Turkey sub, carrots, apples, milk SNACK: Roasted chick peas & cucumbers	8 BREAKFAST: Biscuits & gravy, peas, milk LUNCH: Mac & cheese w/spinach & ham, applesauce, peas, milk SNACK: Animal crackers & milk	9 BREAKFAST: English muffins, blueberries, milk LUNCH: Spaghetti w/beef, salad, mixed fruit, milk SNACK: Cheese & crackers
12 BREAKFAST: Cheerios, bananas, milk LUNCH: Meatloaf, corn, apples, saltine crackers, milk SNACK: Pretzels & cottage cheese	13 BREAKFAST: Sausage biscuit, blueberries, milk LUNCH: Broccoli & cheese soup, ham roll-up, plums, milk SNACK: Chex-mix & milk	14 BREAKFAST: Cinnamon toast, pears, milk LUNCH: Chicken Quesadillas, green beans, applesauce, milk SNACK: Hummus & flatbread	15 BREAKFAST: Pancakes, grapes, milk LUNCH: Sloppy Joes w/bun, carrots, pineapple, milk SNACK: Goldfish & milk	16 BREAKFAST: Bagels w/cream cheese, oranges, milk LUNCH: Italian chicken, mashed potatoes, mixed fruit, roll, milk SNACK: Cheese & crackers
19 BREAKFAST: Corn Flakes, bananas, milk LUNCH: Enchiladas w/beef, corn, peaches, milk SNACK: Graham crackers & yogurt	20 BREAKFAST: Waffles, pears, milk LUNCH: Chicken noodle soup, peas, applesauce, milk SNACK: Pretzels & milk	21 BREAKFAST: Sausage biscuit, oranges, milk LUNCH: Lemon Pepper Fish, green beans, cantaloupe, breadstick, milk SNACK: String cheese & Ritz crackers	22 BREAKFAST: Oatmeal, apples, milk LUNCH: Turkey roll-up, carrots, grapes, milk SNACK: Christmas sugar cookies & milk	23 Happy Holidays!
26 Happy Holidays!	27 BREAKFAST: Pancakes, bananas, milk LUNCH: Vegetable beef soup w/mixed veggies, plums, saltine crackers, milk SNACK: Animal crackers & milk	28 BREAKFAST: Cinnamon toast, pears, milk LUNCH: Chicken & rice, broccoli, oranges, milk SNACK: Carrots & cottage cheese	29 BREAKFAST: Biscuits & gravy, grapes, milk LUNCH: Ham, mashed potatoes, roll, peaches, milk SNACK: Graham crackers & milk	30 Happy New Year!

