

December Lunch Menu



Trus Institute is an Equal Opportunity Provider

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Sun	Mon	Tue	Wed	Thu	Fri 🚙	Sale
*Whole, unflavored milk	2	3	4	5	6	Will, ur vo milkis
is served to children one year of age and 1 per-	Chicken Quesadillas	Chicken with Rice	Chicken Stir Fry	Chicken w/Mexican	Grilled Turkey and	ved to deren one ar
cent, unflavored milk to	(ŴG)	(WG)	Broccoli	Rice (WG)	Cheese Sandwich (WG)	of age and 1 percent, unfla- vored milk to all
all children two years of age	Carrots Pears	Green Beans Peaches	Mandarin Oranges	Salad Pineapple 💉	Broccoli Fruit Cocktail	vorea mink to an
ciliaren two years of age	rears	reaches			Pruli Cockiali	
1 Year- 2 Year Ol	9	10	11	12	13	1 Year- 2 Year Olds
1/2 Oz– Grain 1/4 Cup Fruit or	Bean Cheese Burrito	Turkey Lasagna	Bean Cheese Tostada	Chicken Fideo	Turkey & Cheese	1/2 Oz– Grain 1/4 Cup Fruit or
Vegetable or Both	(WG)	Cucumber	Peas	Peas and Carrots	Wrap	Vegetable or Both
1/2 Cup Milk	Corn	Peaches	Pears	Mandarin Oranges	Salad	1/2 Cup Milk
1/2 Cup	Fruit Cocktail				Pineapple	3/4 Cup
3-5 Year Olds	16	17	18	19	20	3-5 Year Olds
1/2 Oz– Grain 1/2 cup Fruit or Vegetable	Chicken Alfredo	Spaghetti w/Ground	Chicken Fried Rice	Bean Cheese Burrito	Turkey & Cheese	1/2 Oz– Grain 1/2 cup Fruit or Vegetable or
or Both	Cucumbers	Turkey	(WG)	(WG)	Sandwich	Both
3/4 Cup Milk	Mandarin Oranges	Green Beans	Broccoli	Corn	Green Beans	3/4 Cup Milk
		Fruit Cocktail	Peaches	Fruit Cocktail	Pears	
6-12 Year Olds	23	24	25	26	27	6-12 Year Olds
1 Oz– Grains 1/2 Cup Fruit or	Chicken Noodle Soup	Chicken Teriyaki w/Rice	Holiday	Holiday	Turkey & Cheese	1 Oz– Grains 1/2 Cup Fruit or
Vegetable or Both	Peas	(W <i>G</i>)	School Closed	School Closed	Wraps	Vegetable or Both
1 Cup– Milk	Pineapples	Green Beans	School Closed	School Closed	Salad	1 Cup– Milk
		Fruit Cocktail		. 0	Applesauce	
*All meals are served with milk unless other-	30	31				*All meals are served with milk unless other-
wise noted*	Chicken Quesadillas	Holiday	NN			wise noted*
**WG = Whole	(WG)	School Closed			X	**WG = Whole
Grain**	Carrots	School Closed				Grain**
3	Pears	Nu.				
	7	3				
	*			9		
3						
				4		
4						