

HELPING HANDS CHRISTIAN LEARNING CENTER

WEEKLY MENU: DECEMBER 2019

For: Pre-K, Pre-school, Toddler, and Before & After School Program

Chef—Ms. Serita & Ms. Carol

Michigan Dept. of Education, Child/Adult Food Program

• Menu Substitutions * Ingredients	Date: 12/16	Date: 12/17	Date: 12/18	Date 12/19	Date 12/20
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Milk Bagels Cream cheese Mandarin oranges	Milk Bran muffins Applesauce	Milk Oatmeal Toast Peaches	Milk Sausage gravy Biscuit Pineapple	Milk Cheerios Bananas
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable or Juice 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk Grilled cheese WW bread Tomato soup Pears	Milk Sweet & savory meatballs Cucumbers, carrots Cheese Crackers Jello w/fruit	Milk Chicken chili Broccoli Corn bread Fruit cocktail	Milk Goulash Corn WW bread Mandarin oranges	Milk Fish sticks Sweet potato fries Green beans Pears Dinner rolls
PM Snack* 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread *Serve 2 of 4 Food Groups	Milk Veggie chips Craisins	Milk Pita bread Hummus Cookies	Milk Fruit snacks Goldfish crackers	Milk Popcorn Orange slices	Milk Pretzels Cheese sticks