

December

Institute of Community Service

December 2024 Menu

Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

**MENU SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1: December 2nd – 6th 2024</p>	<p><u>Breakfast</u> WG Pancakes Peaches 1% low fat Milk <u>Lunch</u> Baked Ham Mashed Potatoes Green Beans WG Roll 1% low fat Milk <u>Snack</u> Graham Cracker Orange Juice</p>	<p><u>TACO TUESDAY</u> <u>Breakfast</u> Oatmeal Sliced Apples 1% low fat milk <u>Lunch</u> Beef Tacos Mexican Corn Tropical Fruit WG Tortilla Wrap 1% low fat Milk <u>Snack</u> Cheez- its Grape Juice</p>	<p><u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk <u>Lunch</u> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk <u>Snack</u> Yogurt Crackers</p>	<p><u>Breakfast</u> Cheese Grits Apricots 1% low fat Milk <u>Lunch</u> Meatloaf Steamed Cabbage Diced Pears Cornbread 1% Low fat Milk <u>Snack</u> Strawberry Chex Mix Apple Juice</p>	<p><u>Breakfast</u> WG Toast Banana 1% low fat Milk <u>Lunch</u> Chicken Breast Patty Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk <u>Snack</u> Raisin Bread String Cheese</p>
	<p>Week 2: December 9th – 13th</p>	<p><u>Meatless Monday</u> <u>Breakfast</u> Oatmeal Sliced Pineapples 1% low fat milk <u>Lunch</u> Grilled Cheese Sandwich Vegetable Soup Pears 1% low fat Milk <u>Snack</u> Orange Juice Cheez-its</p>	<p><u>Breakfast</u> Grits Mixed Fruit 1% low fat milk <u>Lunch</u> Chicken Spaghetti Peaches Green Peas WG Bread 1% low fat Milk <u>Snack</u> Strawberry Chex Mix Grape Juice</p>	<p><u>Breakfast</u> WG French Toast Applesauce 1% low fat milk <u>Lunch</u> Chicken Tenders Sweet Potato Fries Sliced Pears WG Bread 1% low fat Milk <u>Snack</u> Mango Goldfish Cracker</p>	<p><u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> Beef Patty w/ Gravy Brown Rice Green Beans Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread</p>

Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ½ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt. 1% low fat
 Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1.5 oz. Meat or Alternate
 ¼ c. fruit
 ¼ c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack:
Time Served
2:00 pm -2:15 pm
 (Two of the Five)
 ½ oz. Meat or Alternate
 ½ cup of Fruit or Fruit
 Juice
 ½ c. Vegetable
 ½ oz Grains
 Milk or Dairy

Early Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 1/4 cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt 1% low fat Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1 oz. Meat or Alternate
 1/8 c. fruit
 1/8 c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

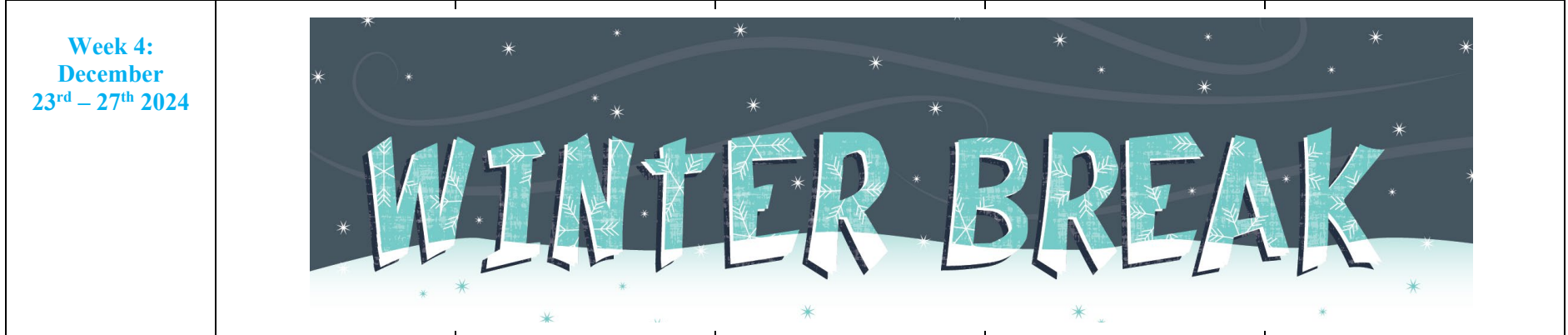
Snack: Time Served
2:00 pm-2:15 pm
 (Two of the Five)
 ½ oz. Meat or
 Alternate
 1/2 c of Fruit or Fruit
 Juice
 1/2 c. Vegetable
 ½ oz Grains
 Milk or Dairy



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3: December 16th- 20th 2024	<u>Meatless Monday</u> <u>Breakfast</u> Oatmeal Pineapples 1% low fat milk <u>Lunch</u> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk <u>Snack</u> Grape Juice Cheez-its	<u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk <u>Lunch</u> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk <u>Snack</u> Yogurt Goldfish Crackers	<u>Breakfast</u> Cheese Toast Diced Pears 1% low fat Milk <u>Lunch</u> Taco Soup Spanish Rice Pineapple tidbits WG Crackers 1% low fat Milk <u>Snack</u> Cheez-its Orange Juice	<u>Breakfast</u> WG Waffles Banana 1% low fat Milk <u>Lunch</u> Sliced Ham Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk <u>Snack</u> String Cheese Grape Juice	<u>Breakfast</u> Grits Peaches 1% low fat Milk <u>Lunch</u> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk <u>Snack</u> Strawberry Chex Mix Apple Juice



Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ½ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt. 1% low fat
 Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1.5 oz. Meat or Alternate
 ¼ c. fruit
 ¼ c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack:
Time Served
2:00 pm -2:15 pm
 (Two of the Five)
 ½ oz. Meat or Alternate
 ½ cup of Fruit or Fruit
 Juice
 ½ c. Vegetable
 ½ oz Grains
 Milk or Dairy

Early Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ¼ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt 1% low fat Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1 oz. Meat or Alternate
 1/8 c. fruit
 1/8 c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack: Time Served
2:00 pm-2:15 pm
 (Two of the Five)
 ½ oz. Meat or
 Alternate
 1/2 c of Fruit or Fruit
 Juice
 1/2 c. Vegetable
 ½ oz Grains
 Milk or Dairy