



Available Daily: Fresh Fruit, Salad, Milk, Juice, Sandwiches: Sunbutter, Turkey and Cheese, Cheese



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Fish Nuggets 1
 Veggie Nuggets
 Cheddar Potato Bites
 Cole Slaw
 Snack: Peach Cobbler

Beef Sliders 4
 Cheese Slider
 Cream of Broccoli Soup
 Snack: Cherry Crisp

Hot Turkey Sandwich 5
 Hot Tofu Sandwich
 Mashed Potatoes/Gravy
 Sweet Peas
 Snack: Animal Crackers

Grilled Hot Dog 6
 Veg Hot Dog
 Fried Potatoes
 Seasoned Carrots
 Snack: Crispy Treats

Fried Chicken 7
 Fried Tofu
 Cheesy Pasta
 Mixed Vegetables
 Snack: Pretzels

Turkey Burger on Bun 8
 Vegetarian on Bun
 Baked Beans
 Tomatoes/Pickles/Onions
 Snack: Donut

Meatloaf 11
 Vegetarian Meatloaf
 Seasoned Rice
 Mixed Vegetable
 Snack: Seasoned Chips

Pepperoni Pizza 12
 Cheese Pizza
 Broccoli Slaw
 Snack: Cookies

Chicken Fried Rice 13
 Veg Fried Rice
 Egg Roll
 Snack: Cereal Bar

Grilled Ham and Cheese 14
 Grilled Cheese
 Tomato Florentine Soup
 Snack: Cinnamon Bun

Fish Sandwich 15
 Tofu Sandwich
 Spaghetti w/Sauce
 Green Beans
 Snack: Cheese & Crackers

Chicken Nuggets 18
 Veggie Nuggets
 Tater Tots
 Mixed Vegetables
 Snack: Oreo Mousse

Beef Chili/Noodles 19
 Vegetable Chili/Noodles
 Seasoned Corn
 Snack: Banana Bread

Cheeseburger/Hamburger 20
 Veggie Burger
 Onion Rings
 Tomatoes/Pickles/Onions
 Snack: Popcorn
DAYCARE DAY

Chicken Taco 21
 Veggie Taco
 Mexican Corn
 Snack: Granola Bar
DAYCARE DAY

Cheese Tortellini Alfredo 22
 Italian Green Beans
 Garlic Bread
 Snack: Sun Chips
DAYCARE DAY

NO SCHOOL 25

NO SCHOOL 26

Grilled Turkey & Cheese 27
 Grilled Cheese
 Cream of Potato Soup
 Snack: Caramel Chex
DAYCARE DAY

Chicken Noodle Casserole 28
 Vegetable Noodle Casserole
 Mixed Vegetable
 Snack: Cookie Bar
DAYCARE DAY

Grilled Smoked Sausage 29
 Grilled Tofu
 Baked Cheese Ziti
 Snack: Cheese Crackers
DAYCARE DAY

DECEMBER 2023

ANDREWS ACADEMY

BREAKFAST



Available Daily: Fresh Fruit, Milk, Juice, Toast, Choice of Cereal
Vegetarian Option offered Daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Pancakes w/Syrup
 Canadian Bacon/veg
 Bacon

4

Snack: Sliced Apples

Breakfast Pizza
 Vegetarian Pizza

5

Snack Muffins

Sausage /Egg/Cheese Bake
 Vegetarian Bake

6

Snack: Fruit Cup

Cinnamon Roll
 Bacon/veg Bacon

7

Snack: Pudding Cup

French Toast
 Sausage/Veg Sausage

1

Snack: Fruit Cup

Oatmeal w/Toppings
 Fried Egg Sandwich

8

Snack: Chocolate Croissant

Pancakes w/Syrup
 Bacon/Veg Bacon

11

Snack: Orange Wedges

Coffee Cake
 Sausage/Veg Sausage

12

Snack: Snack Bar

Ham and Cheese Omelet
 Cheese Omelet
 Hash Brown Potatoes

13

Snack: Donut

French Toast Waffle
 Sausage/veg Sausage

14

Snack: Vanilla Wafers

Breakfast Sandwich
 Veg Sandwich
 Breakfast Potatoes

15

Snack: Grapes

Scrambles Eggs w/Cheese
 Buttermilk Biscuit

18

Snack: Cubed Fruit

Chocolate Chip Pancakes
 Bacon/Veg Sausage

19

Snack: Cheese & Crackers

Crunchy French Toast
 Ham Steak/Veg Meat

20

Snack: Mandarin Orange
DAYCARE DAY

Croissant Breakfast
 Sandwich
 Creamy Grits
 Snack: Scone

21

DAYCARE DAY

Blueberry Waffle
 Boiled Eggs

22

Snack: Mixed Fruit
DAYCARE DAY

NO SCHOOL

25

NO SCHOOL

26

Pancakes
 Bacon/veg bacon

27

Snack: Fruit Bar
DAYCARE DAY

Breakfast Pizza
 Veg Pizza

28

Snack: Danish
DAYCARE DAY

Scrambled Eggs
 Sausage/veg Sausage
 Raisin Bread

29

Snack: Muffin
DAYCARE DAY