

December



ACADEMIR



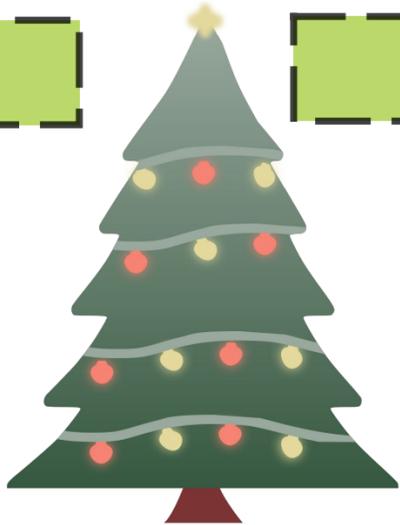
Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST:
Peaches
Cereal and Milk

LUNCH:
Chicken Tenders with Brown Rice***
Steam Plantain
Frijoles Colorado
Bread Roll with Butter
Red Apple*** and Milk

SNACK:
Cuban Crackers
Turkey Ham, Cheese and Juice

04

BREAKFAST:
Pears
Mini-Ham and Cheese Slider
With Milk

LUNCH:
Cheeseburger with ketchup
Hamburger Bun
Green Mixed Salad
Mandarin Oranges and Milk

SNACK:
Blueberry Vanila Bread and Pears

05

BREAKFAST:
Tropical Mixed FruitS
Bagel with cream cheese and Jelly
And Milk

LUNCH:
Ropa Vieja on a soft Taco**
Sautee Corn and Tomatoes**
Mixed Green Salad with dressing***
Red Apple
Milk

SNACK:
Corn Muffin and Juice

06

BREAKFAST:
Fresh Bananas and Juice
Blueberry Muffin*** And Milk

LUNCH:
Homemade Macaroni & Cheese
Garlic Bread
Green Beans
Mixed Green Salad with Ranch
Peaches and Milk

SNACK:
Chocolate Chip Cookies and Milk

07

BREAKFAST:
English Muffin
Egg Frittata with Cheese
Peaches And Milk

LUNCH:
Fricassee de Pollo con Papas
Brown Rice
Steam Carrots with Steam Plantains
Pineapple Chunks
Bread and Milk

SNACK:
Yogurt and Graham Crackers

08

BREAKFAST:
Peaches
Cereal and Milk

LUNCH:
Popcorn Chicken***
Taler Tots***
Creamy Corn
Pears
Milk

SNACK:
Fresh Oatmeal Cookies
with Milk

11

BREAKFAST:
Waffles with syrup***
Cinnamon Apples And Milk

LUNCH:
Spaghetti and Meatballs
Garlic Bread
Steamed Carrots
Mixed Green Salad with Ranch
Red Apple and Milk

SNACK:
Animal Crackers and Milk

12

BREAKFAST:
Fresh Bananas and Juice
Homemade Blueberry Muffin
And Milk

LUNCH:
Chicken Quesadilla
Sweet Corn Salad***
Sautee Peas & Carrots
Peaches and Milk

SNACK:
Assorted Crackers and Juice

13

BREAKFAST:
English Muffin with butter***
Mandarin Oranges And Milk

LUNCH:
Picadillo de Carne con Papas
Rice
Garbanzo Beans***
Whole Grain Cuban Roll with Butter
Red Apple and Milk

SNACK:
Cheez-it Crackers and Juice

14

BREAKFAST:
Fresh Bananas and Juice
Boiled Egg

LUNCH:
English Muffin with Butter And Milk
Pizza
Caesar Salad w/ Ranch dressing
Steam Green Beans and Corn
Pears and Milk

SNACK:
Mandarin Oranges and Nut Free Trial Mix

15

December



ACADEMIR



Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST: 18
 Fruit Cocktail
 Cereal And Milk

LUNCH:
 Chicken Patty
 Brown Rice
 Split Peas Soup/Potage de Chicharos
 Corn
 Peaches
 Milk

SNACK:
 WG Crackers , Turkey Ham and Juice

BREAKFAST: 19
 Applesauce
 Homemade Blueberry Muffin
 And Milk

LUNCH:
 Our famous Meatballs*
 Whole Grain Sub
 Steamed Baby Carrots
 Mixed Green Salad with Ranch Mandarin Orange and
 Milk

SNACK:
 Fresh Chocolate Cookies and Milk

BREAKFAST: 20
 English Muffin butter
 Pears and Milk

LUNCH:
 Meat Lasagna in marinara Sauce*
 Italian White Bean Soup
 Cheese Bread
 Marinated California Blend Veggies
 Pears*
 Milk

SNACK:
 Juice and Ritz Crackers

BREAKFAST: 21
 Bread
 Turkey Ham with Cheese Slice***
 Oranges Natural & Milk

LUNCH:
 Classic Ground Taco Beef
 Mexican Corn and Sheered lettuce
 Sheered Cheese
 Nacho Chips
 Fruit Cocktail and Milk

SNACK:
 Pears & Yogurt



25

26

27

28

29



MERRY Christmas

