

Palcare – December 2018

MON	TUE	WED	THU	FRI
<p>3</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Pasta with Meat Sauce and Seasonal Veggies & Fruit</p> <p>PM Snack Gourmet Wheat Thins & Mozzarella String Cheese</p>	<p>4</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch Chicken Quesadillas with Seasonal Veggies & Fruit</p> <p>PM Snack Chex Mix</p>	<p>5</p> <p>AM Snack Vanilla Yogurt with Seasonal Fruit</p> <p>Lunch Chicken & Veggie Pot Stickers with Seasonal Veggies & Fruit</p> <p>PM Snack Shelled Edamame</p>	<p>6</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Baked Chicken Tenders with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>7</p> <p>AM Snack Mini Muffin & Seasonal Fruit</p> <p>Lunch Grilled Chicken Burger with Seasonal Veggies & Fruit</p> <p>PM Snack Egg Salad with Crackers</p>
<p>10</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Lemon Herb Chicken Drumsticks with Seasonal Veggies & Fruit</p> <p>PM Snack Gourmet Wheat Thins & Mozzarella String Cheese</p>	<p>11</p> <p>AM Snack Waffles and Jelly with Seasonal Fruit</p> <p>Lunch Turkey Chili with Cornbread and Seasonal Veggies & Fruit</p> <p>PM Snack Breadsticks with Marinara</p>	<p>12</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Hamburger with Seasonal Veggies & Fruit</p> <p>PM Snack Veggie Sticks with Ranch</p>	<p>13</p> <p>AM Snack Nutri Grain Bar with Seasonal Fruit</p> <p>Lunch Sweet & Sour Chicken with Seasonal Veggies & Fruit</p> <p>PM Snack Celery Sticks with Hummus Dip</p>	<p>14</p> <p>AM Snack Zucchini Bread & Seasonal Fruit</p> <p>Lunch Pineapple Sausage Fried Rice with Seasonal Veggies & Fruit</p> <p>PM Snack Baked Veggie Straws with Avocado Dip</p>
<p>17</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Chicken & Waffles with Seasonal Veggies & Fruit</p> <p>PM Snack Gourmet Wheat Thins & Mozzarella String Cheese</p>	<p>18</p> <p>AM Snack Mini Bagels with Cream Cheese & Seasonal Fruit</p> <p>Lunch Baked Potato Skins with Seasonal Veggies & Fruit</p> <p>PM Snack Chex Mix</p>	<p>19</p> <p>AM Snack Vanilla Yogurt with Seasonal Fruit</p> <p>Lunch Pasta with Marinara & Chicken with Seasonal Veggies & Fruit</p> <p>PM Snack Shelled Edamame</p>	<p>20</p> <p>AM Snack Whole Grain Cereal & Milk with Seasonal Fruit</p> <p>Lunch Bean & Cheese Burritos with Seasonal Veggies & Fruit</p> <p>PM Snack Fresh Veggie Sticks with Ranch</p>	<p>21</p> <p>AM Snack Mini Muffin & Seasonal Fruit</p> <p>Lunch American Provolone Melt with Seasonal Veggies & Fruit</p> <p>PM Snack Egg Salad with Crackers</p>
<p>24</p> <p><u>WINTER HOLIDAY</u></p>	<p>25</p> <p><u>WINTER HOLIDAY</u></p>	<p>26</p> <p><u>WINTER HOLIDAY</u></p>	<p>27</p> <p>AM Snack Nutri Grain Bar with Seasonal Fruit</p> <p>Lunch Chicken Nuggets with Seasonal Veggies & Fruit</p> <p>PM Snack Celery Sticks with Hummus Dip</p>	<p>28</p> <p>AM Snack Zucchini Bread & Seasonal Fruit</p> <p>Lunch Cheese Pizza with Seasonal Veggies & Fruit</p> <p>PM Snack Baked Veggie Straws with Avocado Dip</p>
<p>31</p> <p><u>NEW YEAR'S HOLIDAY</u></p>			<p>Most Entrees Cooked from Scratch Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone & Antibiotic Free Snack Rotation Subject to Change</p>	<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C <2 yr Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg & Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup <2 yr PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>