

DEC 1-5	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR Waffle ½ oz eq Raisins and cranberries ¼ c 1% milk 6oz	Turkey Sausage ½ oz eq Diced apples ½ c 1% milk 6oz	WG Grits ½ oz eq Blueberries ½ c 1% milk 6oz	WG Pancake ½ oz eq Banana 1 each 1% milk 6oz	Kix cereal ½ oz eq 100% pineapple juice 4oz 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Rice & Beans*</u> WG Br Rice ½ oz eq Cannellini beans 1 ½ oz Pepper & onion ¼ c Pears ¼ c 1% milk 6oz	<u>Grilled Cheese</u> WW Bread 1 each Cheddar 1 ½ oz Corn ¼ c Peach ¼ c 1% milk 6oz	<u>Fish Nuggets</u> WGR fish nugget 1 ½ oz WW Roll 1 each Green bean ¼ c Pineapple ¼ c 1% milk 6oz	<u>Adobo Chicken</u> Chicken 1 ½ oz WG Biscuit ½ oz eq Celery and carrots ¼ c Oranges ¼ c 1% milk 6oz	<u>Chicken Patty</u> WGR Chicken patty 1 each WW Bun 1 each Broccoli ¼ c Fruit cocktail ¼ c 1% milk 6oz	FOOD SAFETY AWARENESS MONTH  Remember to wash your hands please.
SNACK	WG Animal crackers ½ oz eq 100% Apple juice 4oz	Beanie Dip* ½ c WG Tortilla Scoops ½ oz eq Water	Vanilla yogurt ¼ c Strawberries ½ c Water	WG Goldfish 1 pk 100% grape juice 4oz	Mozzarella stick 1 each WW cracker ½ oz eq Water	ENJOY 😊

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NOTE: Substitutions are met for each meal component based on food allergies

DEC 8-12	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR French Toast ½ oz eq Applesauce ½ c 1% milk 6oz	Scrambled eggs ½ oz Potatoes ½ c 1% milk 6oz	WW Bagel ½ oz eq 100% OJ 4oz 1% milk 6oz	WG Blueberry muffin ½ oz eq Grapefruit ½ c 1% milk 6oz	WG Oatmeal ½ oz eq Banana 1 each 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Meaty Mac & Cheese</u> Gr Turkey and Cheddar 1 ½ oz WG Elbow macaroni ½ oz eq corn ¼ c Peaches ¼ c 1% milk 6oz	<u>Chicken & Waffle</u> Chicken 1 ½ oz WGR waffle ½ oz eq carrots ¼ c Strawberries ¼ c 1% milk 6oz	<u>Cheesy Rice</u> WG Br Rice ½ oz eq cheddar 1 ½ oz Broccoli ¼ c Oranges ¼ c 1% milk 6oz	<u>Pizza</u> WGR Cheese Pizza 1 each Green bean ¼ c Pineapple ¼ c 1% milk 6oz	<u>Turkey sandwich</u> Turkey 1 ½ oz WW Bread 1 each Peas and carrots ¼ c Pears ¼ c 1% milk 6oz	FOOD SAFETY AWARENESS MONTH  Remember to wipe up spills please.
SNACK	WG Rice cake ½ oz eq 100% apple juice 4oz	Cucumber ½ c Hummus ½ oz Water	Sun butter ½ oz Apple butter WW bread ½ oz eq Water	WG Cinnamon fish ½ oz eq 100% grape juice 4oz	Cheddar cheese ½ oz WW crackers ½ oz eq Water	ENJOY 😊

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DEC 15-19	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR English muffin ½ oz eq Oranges ½ c 1% milk 6oz	WGR Waffle ½ oz eq Raisins and cranberries ¼ c 1% milk 6oz	Turkey Sausage ½ oz eq Diced apples ½ c 1% milk 6oz	WG Grits ½ oz eq Blueberries ½ c 1% milk 6oz	WG Pancake ½ oz eq Banana 1 each 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Tuna Pasta</u> Tuna 1 ½ oz WG Linguini ½ oz eq Broccoli ¼ c Pineapple ¼ c 1% milk 6oz	<u>Rice & Beans*</u> WG Br Rice ½ oz eq Cannellini beans 1 ½ oz Pepper & onion ¼ c Pears ¼ c 1% milk 6oz	<u>Grilled Cheese</u> WW Bread 1 each Cheddar 1 ½ oz Corn ¼ c Peach ¼ c 1% milk 6oz	<u>Fish Nuggets</u> WGR fish nugget 1 ½ oz WW Roll 1 each Green bean ¼ c Pineapple ¼ c 1% milk 6oz	<u>Adobo Chicken</u> Chicken 1 ½ oz WG Biscuit ½ oz eq Celery, carrots ¼c Oranges ¼ c 1% milk 6oz	FOOD SAFETY AWARENESS MONTH  Keep my food hot please.
SNACK	Cheesy Bread Mozzarella cheese 1 each WW bread ½ oz eq Water	WG Animal crackers ½ oz eq 100% Apple juice 4oz	Beanie Dip* ½ c WG Tortilla Scoops ½ oz eq Water	B-Day Celebration peppermint yogurt ¼ c Strawberries ½ c Choc Sprinkles Water	WG Goldfish 1 pk 100% grape juice 4oz	ENJOY 😊

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DEC 22-26	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	Kix cereal ½ oz eq 100% pineapple juice 4oz 1% milk 6oz	WGR French Toast ½ oz eq Applesauce ½ c 1% milk 6oz		(food service safety month)		Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH 	<u>Chicken Patty</u> WGR Chicken patty 1 each WW Bun 1 each Broccoli ¼ c Fruit cocktail ¼ c 1% milk 6oz	<u>Meaty Mac & Cheese</u> Gr Turkey and Cheddar 1 ½ oz WG Elbow macaroni ½ oz eq corn ¼ c Peaches ¼ c 1% milk 6oz	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	FOOD SAFETY AWARENESS MONTH  Keep my milk cold please.
SNACK	Mozzarella stick 1 each WW cracker ½ oz eq Water	WG Rice cake ½ oz eq 100% apple juice 4oz	CHRISTMAS EVE	CHRISTMAS	WINTER BREAK	ENJOY 😊

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