



# Pleasant Hill Academy

## December

Fresh Fruit is served for Morning Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Breakfast: Cheese Grits Mixed Fruits</p> <p>Lunch: Hearty Vegetable Soup Wheat Rolls Pineapple</p> <p>PM Snack: Graham Crackers w/ Pears</p>	<p><b>4</b> Breakfast: Scrambled Eggs Smoked Turkey Sausage Seasonal Fruits</p> <p>Lunch: Cheese Ravioli w/ Meat Sauce Corn Pears</p> <p>PM Snack: Sliced Oranges</p>	<p><b>5</b> Breakfast: Pancakes Fruit Salad</p> <p>Lunch: Turkey Meatballs Mashed Potatoes Mixed Vegetables Pears</p> <p>PM Snack: Sun Butter w/ Vanilla Wafers</p>	<p><b>6</b> Breakfast: Oatmeal Mixed Fruits</p> <p>Lunch: Beef Tacos w/ Toppings Chuck Wagon Corn Peaches</p> <p>PM Snack: Turkey &amp; Cheese Roll Ups</p>	<p><b>7</b> Breakfast: Whole Grain Cereal Fresh Banana</p> <p>Lunch: Broccoli w/ Chicken Casserole Fruit Cocktail</p> <p>PM Snack: Cheddar Cheese Wheat Crackers</p>
<p><b>10</b> Breakfast: English Muffins Turkey Sausage Mixed Fruits</p> <p>Lunch: Sweet &amp; Tangy Chicken Basmati Rice Mixed Vegetables Pears</p> <p>PM Snack: Mixed Fruit w/ Yogurt</p>	<p><b>11</b> Breakfast: Apple Cinnamon Muffins Applesauce</p> <p>Lunch: Pasta w/ Alfredo Italian Vegetables Pineapple</p> <p>PM Snack: Wheat Crackers String Cheese</p>	<p><b>12</b> Breakfast: Cream of Wheat Fruit Salad</p> <p>Lunch: Smothered Chicken Black Eye Peas Basmati Rice Mixed Fruits</p> <p>PM Snack: Homemade Banana Bread</p>	<p><b>13</b> Breakfast: Grits Turkey Sausage Pineapples</p> <p>Lunch: Chicken Noodle Soup Corn Muffins Fruit Medley</p> <p>PM Snack: Peach Crisp</p>	<p><b>14</b> Breakfast: French Toast Sticks Mixed Fruit</p> <p>Lunch: Baked Pasta w/ Meat Sauce Mixed Vegetables Sliced Apples</p> <p>PM Snack: Pita Chips w/ Hummus</p>
<p><b>17</b> Breakfast: Cheese Toast w/ Turkey Sausage Mixed Fruits</p> <p>Lunch: Homemade Chicken &amp; Dumplings Peas &amp; Carrots Fruit Medley</p> <p>PM Snack: Sliced Apples/ Cheese Sticks</p>	<p><b>18</b> Breakfast: Waffles Strawberries</p> <p>Lunch: Grilled Chicken Mashed Potatoes Green Peas Fruit Medley</p> <p>PM Snack: Graham Crackers w/ Peaches</p>	<p><b>19</b> Breakfast: Oatmeal Peaches</p> <p>Lunch: Homemade Chili Corn Bread</p> <p>PM Snack: Saltine Crackers w/ Cheese Triangles</p>	<p><b>20</b> Breakfast: Cream of Wheat Apples</p> <p>Lunch: Sliced Turkey w/ Gravy Mashed Potatoes Collard Greens Fruit Medley</p> <p>PM Snack: Vanilla Yogurt Peaches</p>	<p><b>21</b> Breakfast: Whole Grain Cereal Bananas</p> <p>Lunch: Cheese Pizza Green Peas Sliced Oranges</p> <p>PM Snack: Homemade Oatmeal Bars</p>
<p><b>24</b> Breakfast: Pancakes Strawberries</p> <p>Lunch: Tomato Vegetable Soup Grilled Cheese Sandwich Fruit Medley</p> <p>PM Snack: Graham Crackers w/ Bananas</p>	<p><b>25</b> <b>C L O S E D</b></p>	<p><b>26</b> Breakfast: Cheese Grits Mixed Fruit</p> <p>Lunch: Sweet &amp; Tangy Chicken Basmati Rice Mixed Vegetables Pears</p> <p>PM Snack: Baked Apple Crisp</p>	<p><b>27</b> Breakfast: Hash Browns Turkey Sausage Fruit Salad</p> <p>Lunch: Chicken Enchilada Casserole Pineapple</p> <p>PM Snack: Vanilla Wafers Seasonal Fruit</p>	<p><b>28</b> Breakfast: Cream of Wheat Sliced Oranges</p> <p>Lunch: Homemade Shepard's Pie Peaches</p> <p>PM Snack: Cheese Its Mixed Fruit</p>
<p><b>31</b> Breakfast: Cinnamon Toast Mixed Fruits</p> <p>Lunch: Turkey &amp; Cheese Sandwiches Carrots Pineapple</p> <p>PM Snack: Sun Butter w/ Wheat Crackers</p>				

Whole milk is served to children under two years of age and 1% milk to children over two years of age.  
Milk is served with Breakfast, AM Snack and Lunch. Water is served at PM Snack.