

# Cresthaven Academy W. 7th

## Lunch

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>			
					1 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	2
3	4 Sloppy Joe on W/W Hamburger Bun 4 oz Red Beans 3/4 cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	5 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Sliced Carrots 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	6 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea Large Bag Baby Carrots 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea	7 French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Maple Syrup 1ea	8 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	9
10	11 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	12 Baked Chicken Patty on a Whole Wheat Bun 1ea Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	13 All Beef Hot Dog on a WW Bun 1ea Spinach 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	14 Stuffed Cheese Sticks 2ea Marinara Sauce 2oz Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	15 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	16
17	18 Hamburger on WW Hamb Bun 1ea Maple Baked Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	19 Baked Chicken Sticks 8ea Wrapped Whole Wheat Bread 1ea Granny Smith Green Apple 1ea Diced Potatoes 3/4 Cup 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Ketchup 1ea	20 Homemade Ziti w/ Meat Sauce 6oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	21 Boxed Lunches 1ea Turkey and American Cheese on Whole Wheat Bread 1ea 100% Apple Juice 4oz Large Bag Baby Carrots 3/4c 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz PC Mayo 1ea	22	23
24	25	26	27	28	29	30