



# Excel Church Preschool

DECEMBER 2022

Menu items are subject to change. Breakfast & Lunch are served with 1% or whole milk.  
Whole grain-rich items are indicated in **RED**. B. is Breakfast. S. is Snack.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<sup>1</sup> GLAZED HAM GREEN BEANS <b>ENRICHED/BROWN RICE MIX</b> FRESH HONEYDEW B. BISCUITS, FRESH ORANGES S. HONEY GRAHAM, FRUIT PUNCH	<sup>2</sup> TURKEY AND CHEESE SANDWICH TOSSED SALAD MANDARIN ORANGES B. <b>HONEY BUNCHES</b> , FRESH BANANA S. RITZ, FRESH CHEESE STICKS
<sup>5</sup> GROUND BEEF CURRY MIX VEGETABLES <b>ENRICHED/BROWN RICE MIX</b> PEACHES B. <b>W.W. ENGLISH MUFFINS</b> , FRUIT COCKTAIL S. CHEESE IT, ORANGE JUICE	<sup>6</sup> BAKED CHARSIU CHICKEN PEAS AND CARROTS PEARS <b>ENRICHED/BROWN RICE MIX</b> B. <b>W.W. PANCAKES</b> , APPLE SAUCE S. CLUB CRACKERS, FRUIT PUNCH	<sup>7</sup> PORK TENDERLOIN W/MUSHROOM CREAM SAUCE GREEN BEANS <b>ENRICHED/BROWN RICE MIX</b> PINEAPPLE CHUNKS B. <b>CHEERIOS</b> , FRESH BANANA S. SALTINES CRACKERS, GRAPE JUICE	<sup>8</sup> BAKED CAJUN FISH SANTA FE VEGETABLES <b>ENRICHED/BROWN RICE MIX</b> FRESH HONEYDEW B. MINI MUFFINS, FRESH ORANGES S. RITZ, APPLE JUICE	<sup>9</sup> TURKEY AND CHEESE PASTA SALAD W/PEAS AND CARROTS MANDARIN ORANGES B. <b>CHEX</b> , FRESH BANANA S. <b>WHEAT THINS</b> , WATERMELON
<sup>12</sup> <b>BAKED ZITI W/GROUND BEEF &amp; VEGETABLE TOMATO SAUCE</b> <b>ENRICHED BREAD STICKS</b> <b>ENRICHED/BROWN RICE MIX</b> PEACHES B. BISCUITS, FRUIT COCKTAIL S. ANIMAL CRACKERS, GRAPE JUICE	<sup>13</sup> TERI CHICKEN STIRFRY W/ ORIENTAL VEGETABLES <b>ENRICHED/BROWN RICE MIX</b> PEARS B. <b>W.W. PANCAKES</b> , APPLE SAUCE S. SALTINES CRACKERS, FRUIT PUNCH	<sup>14</sup> BEEF AND VEGETABLE STEW PINEAPPLE CHUNKS <b>ENRICHED/BROWN RICE MIX</b> B. <b>KIX</b> , FRESH BANANA S. <b>VEGETABLE THINS</b> , ORANGE JUICE	<sup>15</sup> PORK ADOBO GREEN BEANS <b>ENRICHED/BROWN RICE MIX</b> FRESH HONEYDEW B. <b>WHOLE FRENCH TOAST</b> , FRESH ORANGES S. CHEESE IT, APPLE JUICE	<sup>16</sup> TUNA AND CHEESE SLIDER BUN SLICED CUCUMBER MANDARIN ORANGES B. <b>CORN CHEX</b> , FRESH BANANA S. RITZ CRACKERS, CHEESE STICKS
<sup>19</sup> WINTER BREAK	<sup>20</sup> WINTER BREAK	<sup>21</sup> WINTER BREAK	<sup>22</sup> WINTER BREAK	<sup>23</sup> WINTER BREAK
<sup>26</sup> CHRISTMAS HOLIDAY	<sup>27</sup> WINTER BREAK	<sup>28</sup> WINTER BREAK	<sup>29</sup> WINTER BREAK	<sup>30</sup> WINTER BREAK

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