Chai Tots Preschool – December menu

3 Whole wheat Pita, cream cheese, orange wedges, Milk ~~~ Breaded fish Cous cous corn on the cob Pineapple ~~~ Cucumbers, chumus	4 cheerios Cereal, milk, apple ~~~ Meatballs spaghetti Cooked carrots Cantaloupe ~~~ Multigrain scoops, avocado	5 Blueberry Muffin, Banana, milk ~~~ Macaroni & Cheese Sliced cucumber Watermelon ~~~ Sliced cheese, crackers, raisins	6 Crackers, American Cheese, watermelon, milk ~~~ Chicken bottoms brown rice Green beans honeydew ~~~ Veggie straws, sliced apples	7 NO SCHOOL Teacher in service day
10 Rice Krispy cereal, Milk Orange wedges ~~~ Tuna Sliced whole wheat bread Israeli Salad Pineapple ~~~ Cucumbers, chumus	11 Bagels, Cream Cheese, Apple, Milk ~~~ Meat Sauce Rice Green peas Cantaloupe ~~~ Multigrain scoops, salsa	12 Crackers, American Cheese, Banana, milk ~~~ Baked ziti Caesar salad Watermelon ~~~ Rice cakes, cream cheese	13 Chocolate chip Muffin, Watermelon, milk ~~~ Shnitzel/ pargiot Brown rice Sliced tomato/cucumber honeydew ~~~ Veggie straws, sliced apples	14 Cereal, milk, fruit salad ~~~ Pizza Israeli salad Grape juice ~~~ Pretzels, chumus
17 Whole wheat Pita, cream cheese, orange wedges, Milk ~~~ Breaded fish Cous cous corn on the cob Pineapple ~~~ Cucumbers, chumus	18 cheerios Cereal, milk, apple ~~~ Meatballs spaghetti Cooked carrots Cantaloupe ~~~ Multigrain scoops, avocado	19 Blueberry Muffin, Banana, milk ~~~ Macaroni & Cheese Sliced cucumber Watermelon ~~~ Sliced cheese, crackers, raisins	20 Crackers, American Cheese, watermelon, milk ~~~ Chicken bottoms brown rice Green beans honeydew ~~~ Veggie straws, sliced apples	21 Cereal, milk, fruit salad ~~~ Pizza Israeli salad Grape juice ~~~ Multigrain chips, salsa
24 NO SCHOOL MID WINTER BREAK	25 NO SCHOOL MID WINTER BREAK	26 NO SCHOOL MID WINTER BREAK	27 NO SCHOOL MID WINTER BREAK	28 NO SCHOOL MID WINTER BREAK
31 Rice Krispy cereal, Milk Orange wedges ~~~ Tuna Sliced whole wheat bread Israeli Salad Pineapple ~~~ Cucumbers, chumus				