

# December 2022

## Transylvania County Schools Pre-K Breakfast, Lunch and Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

The month of December originally had just 30 days according to the early Roman calendar.

**5**  
**Breakfast:** Cereal, WG, Fresh Fruit, Milk  
**Lunch:** Mozzarella Cheese Sticks, WG w/ Marinara Dip Garden Salad, Mixed Fruit, Milk  
**Snack:** Yogurt & Granola, WG

**6**  
**Breakfast:** Breakfast Pizza, Dried Fruit, Milk  
**Lunch:** Burritos, WG Golden Corn, Lettuce, Cheese, Salsa, Fresh Fruit  
**Snack:** Animal Crackers, WG & Cantaloupe

**7**  
**Breakfast:** Sausage Biscuit, Applesauce Cup  
**Lunch:** Chicken and Waffle, Sweet Potatoes, Fresh Fruit  
**Snack:** Goldfish & Cucumber Slices w/ Dip

**8**  
**Breakfast:** Cinnamon French Toast Sticks, WG, Fruit Cup, Milk  
**Lunch:** Spaghetti w/ Meat Sauce, Texas Toast, WG, Steamed Broccoli, Fresh Fruit, Milk  
**Snack:** Graham Crackers, WG & Asian Pear

**9**  
**Breakfast:** Strawberry Bagel, WG, Fresh Fruit, Milk  
**Lunch:** Mini Corndogs, WG, Baked Beans, Baked Apples, Milk  
**Snack:** Tortilla Chips and Hummus

**12**  
**Breakfast:** Breakfast Bread, WG, Fresh Fruit, Milk  
**Lunch:** Cheese Pizza, WG Seasoned Green Beans Mixed Fruit, Milk  
**Snack:** Yogurt & Granola, WG

**13**  
**Breakfast:** Berry Waffles, WG, Dried Fruit, Milk  
**Lunch:** Grilled Chicken Sandwich, WG Lettuce/Tomato/Pickle Tator Tots, Fresh Fruit, Milk  
**Snack:** Animal Crackers, WG, Kiwi

**14**  
**Breakfast:** Ham and Cheese Croissant, WG, Pineapple Tidbits, Milk  
**Lunch:** Creamy Mac and Cheese Garden Salad, Diced Pears, Milk  
**Snack:** Goldfish & Cauliflower w/ Dip

**15**  
**Breakfast:** Baked Cinnamon Roll, WG, Fruit Cup, Milk  
**Lunch:** Chicken Chunks, WG Mashed Potatoes w/ Gravy, Fresh Fruit, Milk  
**Snack:** Graham Crackers, WG & Grapefruit Wedges

**16**  
**Breakfast:** Cereal, WG, Fresh Fruit, Milk  
**Lunch:** Cheeseburger, WG Lettuce, Tomato & Pickle French Fries, Sliced Peaches, Milk  
**Snack:** Cheese Stick & Pretzels, WG

**19**  
**Breakfast:** Super Protein Donut, WG, Fresh Fruit, Milk  
**Lunch:** Cheese Pocket, WG w/ Marinara, Seasoned Green Beans, Mixed Fruit, Milk  
**Snack:** Yogurt & Granola, WG

**20**  
**Breakfast:** Breakfast Muffin, WG Fruit Cup, Milk  
**Lunch:** Crispy Chicken Sandwich, WG, Glazed Carrots, Diced Pears, Milk  
**Early Release**

**21**  
Holiday

**22**  
Holiday

**23**  
Holiday

**26**

**27**

**28**

**29**

**30**

# Winter Break

All Grains are Whole Grain Rich

### Breakfast

Breakfast is served daily in the classroom.

Breakfast consists of 1-2oz Grains, ½ cup fruit and 8oz 1% Milk.

### Lunch

Lunch is served daily in the classroom.

Lunch consists of 2 oz Meat/Meat Alternative, 2 oz Whole Grains, ½ cup vegetable, ½ cup fruit and 8oz 1% Milk.

### Additional Weekly Entrée Options

Deli Sandwich  
Peanut Butter & Jelly Sandwich  
Yogurt Plates

### Snack

Snack is served daily in the classroom.

Snack consists of 2 items

A fresh fruit or vegetable is served 3 days weekly for snack.

10/25/2022

This institution is an equal opportunity provider.