

## HES Early Childhood Lunch Menu December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Apple Juice Turkey Meatballs Spaghetti Sliced Green Peppers Fresh Fruit Whole Wheat Bread	2. 1% Milk Potato Knish Hard Boiled Egg Cucumber Slices Fresh Fruit	3. Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit	4. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
7. 1% Milk Macaroni & Cheese Hard boiled eggs Carrots Whole Wheat Bread	8. Apple Juice Grilled Chicken Cutlets Whole Wheat Bread Couscous Chopped Salad Fresh fruit	9. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread	10. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	11. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
14. 1% Milk Baked Ziti (plain pasta available) Hard Boiled Eggs Cucumber Slices	15. Apple Juice Baked Chicken Nuggets Mashed Potato Corn Fresh fruit	16. 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread	17. Apple Juice Hamburgers Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	18. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
21. 1% Milk Potato Knish Hard Boiled Egg Cucumber Slices Fresh Fruit	22. Apple Juice Roasted Baked Chicken Couscous Cucumber Slices Fresh fruit	23. 1% Milk Macaroni & Cheese Hard boiled eggs Carrots Whole Wheat Bread	24. Apple Juice Turkey Meatballs Spaghetti Sliced Green Peppers Fresh Fruit  ( Vacation Program )	25. <b>School Closed</b>
30. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread ( Vacation Program )	31. Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit ( Vacation Program )			

VACATION PROGRAM BEGINS DECEMBER 24TH TO JAN 1 FOR WINTER RECESS. STUDENTS WILL RETURN ON JAN 4TH.

