

DECEMBER 2025

Child & Youth Programs

Monday

Kix Cereal, Mandarin Oranges, Milk
Chicken Nuggets, **Brown Rice**,
Corn/Carrots, Pineapple Chunks, Milk
Ritz Crackers, Sliced Cheese, Water
Graham Crackers, Water
Week 1

Cheerios, Peaches, Milk
Macaroni & Cheese w/Ham, Green Bean,
Mixed Fruit, Milk
Cottages Cheese, Pineapple, Water
Wheat Thin, Water
Week 2

Rice Chex Cereal, Diced Pears, Milk
Teriyaki Burger on Whole Grain Bun,
French Fires, Mandarin Oranges, Milk
Assorted Crackers, Yogurt, Water
Wheat Thins, Water
Week 3

Multi-Grain Cheerios, Diced Pears, Milk
Fish Patty w/Tartar Sauces, **Brown Rice**,
Mixed Veggies, Pineapple Chunks, Milk
Ritz, Cheese Slices, Water
Saltines Crackers, Water
Week 4

Kix Cereal, Mixed Fruit, Milk
Chili w/**Brown Rice**, Corn, Orange Slices,
Milk
Saltine Crackers, Applesauce, Water
Teddy Graham, Water
Week 5

Tuesday

Whole Grain-Cinnamon Toast,
Applesauce, Milk
Beef & Macaroni, Broccoli, Orange Slices,
Milk
Bagels, Cream Cheese, Grape Juice/Milk
Saltine Crackers, Water

Yogurt & Granola, Banana, Milk
Beef/Cheese & Rigatoni, Broccoli, Peaches
Whole Grain Bread, Milk
Saltine Crackers, Melon Slices, Water
Ritz Crackers, Water

English Muffin, w/Cheese,
Mandarin Oranges, Milk
Kalua Pork & Cabbage, **Brown Rice**,
Pineapple, Milk
Graham Crackers, Cantaloupe, Water
Goldfish Crackers, Water

Oatmeal, Mixed Fruit, Milk
Comed Beef sandwich on **Whole Grain
Bread**, lettuce, tomato, banana, Milk
Cottage Cheese, Peaches, Water
Goldfish Crackers, Water

Bagels & Cream Cheese,
Pineapple Chunks, Milk
Chicken Patty Sandwich on **Whole Grain
Bun**, Lettuce, Tomato Applesauce, Milk
Graham Crackers, Peaches, Water
Cheese Nips, Water

Wednesday

Biscuit w/Jelly, Banana, Milk
**Turkey Sandwich on Whole Grain on
Bread**, Lettuce, Tomato, Cantaloupe, Milk
Vanilla Yogurt, Peaches, Water
Goldfish Crackers, Water

Scramble Eggs & Cheese, Pears,
Whole Grain Tortilla, Milk
Tuna Salad Sandwich on **Whole Grain
Bread**, Cheese, Cucumber, Lettuce, Apple
Slice, Milk
Goldfish Crackers, Mixed Fruit, Water
Vanilla Wafers, Water

Cream of Wheat, Peaches, Milk
**Turkey & Cheese Sandwich on Whole
Grain Bread**, Lettuce & Tomato, Apple
Slices, Milk
Cucumber Slices w/Ranch Dressing, Wheat
Things, Water
Assorted Crackers, Water

Rice Chex, Mandarin Oranges, Milk
Goldfish Crackers, Pears, Water

**CYP Closes at
Noon**

Sausage Patties, Biscuits & Peaches,
Milk
**Sunbutter & Jelly Sandwich on Whole
Grain Bread**, **Carrot** Sticks, Banana, Milk
Taco Chips/Soft Tortilla, Cottage Cheese,
Salsa, Water
Ritz Crackers, Water

Thursday

English Muffin w/Cheese,
Pineapple, Milk
Chicken & **Brown Rice**, Mixed Vegetables,
Mandrin Oranges, Milk
Graham Crackers, Applesauce, Water
Cheese Nips, Water

Oatmeal, Mandarin Oranges, Milk
Taco Salad, Seasoned Beef, Lettuce Tomato,
Pineapple, Tortilla Chips, Milk
Banana Muffin, Milk
Chicken N Biskit Crackers, Water

Sweet Bread Toast, Banana, Milk
Shepherd's Pie, Mashed Potatoes, **Whole Grain
Bread**, Broccoli, Pear, Milk
Raisin Bread, Cream Cheese, Apple Juice, Milk
Vanilla Wafers, Water

**Holiday,
Center Closed**

Friday

Corn Chex Cereal, Peaches, Milk
**Grilled Ham & Cheese on Whole Grain
Bread**, **Pear Slices**, Veggie Sticks, Milk
Goldfish Crackers, Mixed Fruit, Water
Vanilla Wafers, Water

Waffles, Applesauce Milk
Teriyaki Chicken, **Brown Rice**, Mixed
Vegetable Mixed Fruit, Milk
Carrot Sticks w/Ranch, Wheat Thins, Water
Graham Cracker, Water

French Toast, Applesauce, Milk
Egg Salad Sandwich on Whole Grain Bread
Lettuce & Tomato, Oranges, Milk
Chic N Biskit Crackers, Melon slices, Water
Cheese Nips, Water

Raisin Bread Cream Cheese, Banana, Milk
**Ham & Cheese Wrap with Whole Grain
Tortilla**, Lettuce, Tomato, Orange slices, Milk
Carrot Stick w/Ranch, Wheat Thins, Water
Chicken N Biskit Crackers, Water

Breakfast:			Lunch:			Snack:		
1-2	3-5	6+	1-2	3-5	6+	1-2	3-5	6+
Milk	1/2 cp	3/4 Cp	Milk	1/2 cp	3/4 cp	Milk	1/2cp	3/4cp
Grain	1/2oz.	1/2oz. Eq.	Grain	1/2 oz.	1/2 oz Eq.	Grain	1/2cp	1/2 oz Eq
Fruit	1/2 oz.	1/2 oz. Eq.	Fruit	1/2 oz.	1/2 cp.	Fruit	1/2 oz.	1/2 cp
			Vegetables	1/4 cp.	1/2 cp.	Meat	1 oz	1.5 oz
			Meat	1oz	1.5 oz			2 oz