



2024

# DECEMBER



## Child & Youth Programs ~ School Age Care

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																	
<p><b>2</b></p> <p><u>Multi Grain Cheerios</u>, Peaches, Milk</p> <p>Pretzels, Cheese Sticks, &amp; Water</p> <p>Chicken N Biskit Crackers &amp; Water</p> <p>Week 2</p>	<p><b>3</b></p> <p>Raisin Bread w/Cream Cheese, Banana, &amp; Milk</p> <p>Egg Salad on <u>Whole Grain Bread</u> &amp; Apple Juice</p> <p>Ritz Crackers &amp; Water</p>	<p><b>4</b></p> <p><u>Oatmeal</u>, Mandarin Oranges, &amp; Milk</p> <p>Cheese Nips, Mixed Fruit, &amp; Water</p> <p>Vanilla Wafers &amp; Water</p>	<p><b>5</b></p> <p>Scrambled Eggs &amp; Cheese, Pears, <u>Whole Grain Toast</u>, &amp; Milk</p> <p>Banana Muffin &amp; Milk</p> <p><u>Wheat Thins</u> &amp; Water</p>	<p><b>6</b></p> <p>Waffles, Strawberries, &amp; Milk</p> <p>Carrot Sticks w/Ranch, <u>Whole Grain Ritz Crackers</u>, &amp; Water</p> <p><u>Graham Crackers</u> &amp; Water</p>																																																																	
<p><b>9</b></p> <p><u>Kix Cereal</u>, Apple Slice, &amp; Milk</p> <p>Swirl Bread w/Cream Cheese &amp; Apple Juice</p> <p>Wheat Thins &amp; Water</p> <p>Week 3</p>	<p><b>10</b></p> <p><u>English Muffin</u> w/Jelly, Pineapple, &amp; Milk</p> <p>Teddy Grahams, Mixed Fruit, &amp; Water</p> <p>Goldfish Crackers &amp; Water</p>	<p><b>11</b></p> <p>Yogurt, Granola, Blueberries, Milk</p> <p>Turkey &amp; Cheese on <u>Whole Grain Tortilla</u> &amp; Water</p> <p>Assorted Crackers &amp; Water</p>	<p><b>12</b></p> <p>Hardboiled Egg <u>Whole Grain Toast</u> w/ Jelly Orange Slices Milk</p> <p>Breadsticks w/ Marinara Cheese Stick Water</p> <p>Vanilla Waters, Water</p>	<p><b>13</b></p> <p><u>Whole Grain Cinnamon Toast</u> Banana Water</p> <p>Chicken in a Biskit Crackers Watermelon Water</p> <p>Cheese Nips, Water</p>																																																																	
<p><b>16</b></p> <p><u>Multi-Grain Cheerios</u>, Mixed Fruit &amp; Milk</p> <p>Saltines Crackers, Cheese &amp; Ham Slices, Water</p> <p>Chicken N Biskit Cracker &amp; Water</p> <p>Week 4</p>	<p><b>17</b></p> <p>French Toast Sticks, Mandarin Oranges &amp; Milk</p> <p>Sunflower Butter &amp; Jelly on <u>Whole Grain Tortilla</u>, Milk</p> <p>Saltine Cracker &amp; Water</p>	<p><b>18</b></p> <p><u>Oatmeal</u>, Apple Slices, &amp; Milk</p> <p>Egg Salad Sandwich on <u>Whole Grain Bread</u>, Apple Juice</p> <p>Goldfish Crackers &amp; Water</p>	<p><b>19</b></p> <p>Waffles Blueberries Milk</p> <p><u>Graham Crackers</u> Yogurt Water</p> <p>Pretzels, Water</p>	<p><b>20</b></p> <p>Sausages Patty, Biscuit, Melon &amp; Milk</p> <p>Carrot Sticks w/Ranch, <u>Whole Grain Ritz Crackers</u>, Water</p> <p>Cheese Nips &amp; Water</p>																																																																	
<p><b>23</b></p> <p><u>Kix Cereal</u>, Pears, &amp; Milk</p> <p>Taco Chips, Shredded Cheese, Salsa, &amp; Water</p> <p>Teddy Graham &amp; Water</p> <p>Week 5</p>	<p><b>24</b></p> <p>Bagel w/Cream Cheese, Pineapple Chunks, &amp; Milk</p> <p>Egg Salad Sandwich on <u>Whole Grain Bread</u> &amp; Apple Juice</p> <p><u>Whole Grain Ritz Cracker</u> &amp; Water</p>	<p><b>25</b></p> <p><b>Merry Christmas CYP Closed</b></p>	<p><b>26</b></p> <p><u>Multi Grain Cheerios</u>, Strawberries, &amp; Milk</p> <p>Breadsticks w/Marinara, Cheese Stick, &amp; Water</p> <p><u>Graham Crackers</u> &amp; Water</p>	<p><b>27</b></p> <p><u>Whole Grain Toast</u> w/Sunflower Butter, Banana, &amp; Milk</p> <p>Swirl Bread w/Cream Cheese Grape Juice</p> <p>Saltine Cracker &amp; Water</p>																																																																	
<p><b>30</b></p> <p><u>Kix Cereal</u>, Mandarin Oranges Milk</p> <p>Teddy Grahams, Grapes, &amp; Water</p> <p>Swirl Bread &amp; Water</p> <p>Week 1</p>	<p><b>31</b></p> <p><u>Whole Grain Cinnamon Toast</u>, Applesauce, &amp; Milk</p> <p>Wheat Thins, Dried Fruit, Cheese Stick, &amp; Water</p> <p>Saltine Crackers &amp; Water</p>	<p><b>Meal Pattern</b></p> <table border="1"> <thead> <tr> <th colspan="4">Breakfast</th> <th colspan="3">Lunch</th> <th colspan="3">Snack</th> </tr> <tr> <th>Ages</th> <th>1-2</th> <th>3-5</th> <th>6+</th> <th>Milk</th> <th>1-2</th> <th>3-5</th> <th>6+</th> <th>1-2</th> <th>3-5</th> <th>6+</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>½ cup</td> <td>¾ cup</td> <td>1 cup</td> <td>¾ cup</td> <td>½ cup</td> <td>¾ cup</td> <td>1 cup</td> <td>½ cup</td> <td>¾ cup</td> <td>1 cup</td> </tr> <tr> <td>Grain</td> <td>½ oz.</td> <td>¾ oz. eq.</td> <td>1 oz. eq.</td> <td>½ oz. eq.</td> <td>½ oz. eq.</td> <td>¾ oz. eq.</td> <td>1 oz. eq.</td> <td>½ oz. eq.</td> <td>¾ oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Fruit</td> <td>¼ cup</td> <td>½ cup</td> <td>¾ cup</td> <td>¼ cup</td> <td>¼ cup</td> <td>½ cup</td> <td>¾ cup</td> <td>¼ cup</td> <td>½ cup</td> <td>¾ cup</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td>Meat</td> <td>1oz</td> <td>1.5oz</td> <td>2oz</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>			Breakfast				Lunch			Snack			Ages	1-2	3-5	6+	Milk	1-2	3-5	6+	1-2	3-5	6+	Milk	½ cup	¾ cup	1 cup	¾ cup	½ cup	¾ cup	1 cup	½ cup	¾ cup	1 cup	Grain	½ oz.	¾ oz. eq.	1 oz. eq.	½ oz. eq.	½ oz. eq.	¾ oz. eq.	1 oz. eq.	½ oz. eq.	¾ oz. eq.	1 oz. eq.	Fruit	¼ cup	½ cup	¾ cup	¼ cup	¼ cup	½ cup	¾ cup	¼ cup	½ cup	¾ cup					Meat	1oz	1.5oz	2oz			
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