

# DECEMBER 2020 GRAB + GO MEALS CARBS

MONDAY 11/30/20		TUESDAY 12/1/20		WEDNESDAY 12/2/20 + 12/3/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 12/4/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CARB		CARB		CARB		CARB		CARB					
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Rice Krispies<sup>^WG</sup></b>	<b>23</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>14</b>	<b>Egg + Cheese Wrap<sup>^WG</sup></b>	<b>14</b>	<b>Pancakes<sup>^WG</sup></b>	<b>35</b>	<b>Cinnamon Chex<sup>^WG</sup></b>	<b>45</b>	<b>Cereal Bar<sup>^WG</sup></b>	<b>24</b>
Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
<b>LUNCH</b>													
<b>Pizza<sup>^WG</sup></b>	<b>29-31</b>	<b>Twin Mini Cheeseburgers<sup>-WGIW</sup></b>	<b>36</b>	<b>Turkey Carnitas<sup>+</sup> w/ Corn + Cornbread Bowl<sup>WG</sup></b>	<b>26/34</b>	<b>Mandarin Orange Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b>	<b>46</b>	<b>Spicy Chicken Bites<sup>+WG</sup> w/ Cheesy Spinach</b>	<b>19</b>	<b>Protein Pack<sup>^</sup></b>	<b>39</b>	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>27-30</b>
Baby Carrots	8	Peaches	13	Fresh Fruit	7-26	Cucumber Slices w/ Ranch	3/13	Celery w/ Ranch	3/13	Strawberry Cup	22	Hummus Cup	18
Applesauce Cup	15	Fruit Sorbet	21	Milk	13-20	Strawberry Cup	22	Fresh Fruit	7-26	Milk	13-20	Dried Fruit Mix	30
Milk	13-20	Milk	13-20			Milk	13-20	Milk	13-20			Milk	13-20
<b>SUPPER</b>													
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b>	<b>64</b>	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>29</b>	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b>	<b>38/47</b>	<b>Turkey<sup>+</sup> + Cheese Sub<sup>WG</sup></b>	<b>30</b>						
Veggie Juice	10	Salsa Cup	5	Veggie Juice	10	Salsa Cup	5						
Craisins	27	Fresh Fruit	7-26	Blueberry Cup	9	Mixed Fruit	18						
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20						
<b>SNACK</b>													
<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>25/2</b>	<b>Cheese Stick + Pretzel<sup>^WGIW</sup></b>	<b>1/30</b>	<b>Grahams<sup>^WG</sup></b>	<b>21</b>	<b>Cereal Bowl<sup>WG</sup></b>	<b>23</b>						
Orange Juice	13			Milk	13-20	Milk	13-20						

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

#### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

Menu Key: ~ Beef Carb Carbohydrates IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

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# DECEMBER 2020 GRAB + GO MEALS CARBS

MONDAY 12/7/20		TUESDAY 12/8/20		WEDNESDAY 12/9/20 + 12/10/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 12/11/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CARB		CARB		CARB		CARB							
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Rice Krispies<sup>^WG</sup></b>	<b>23</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>14</b>	<b>Pancakes<sup>^WG</sup></b>	<b>35</b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>35</b>	<b>Cinnamon Chex<sup>^WG</sup></b>	<b>45</b>		
Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13		
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20		
<b>LUNCH</b>													
<b>Meateater's Pizza<sup>^~*WG</sup></b>	<b>29</b>	<b>Chicken Drumstick<sup>+WG</sup></b>	<b>27-30</b>	<b>French Toast Sticks<sup>WG</sup></b>	<b>35</b>	<b>Potato Crunch Fish Sandwich<sup>^WG</sup></b>	<b>41</b>	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG</sup></b>	<b>29</b>	<b>Macaroni + Cheese<sup>^</sup></b>	<b>xxx</b>	<b>Turkey<sup>+</sup> + Cheese Sub<sup>WG</sup></b>	<b>270</b>
Baby Carrots	8	w/ Seasoned Potatoes + Roll <sup>WG</sup>	30/26	w/ Sausage <sup>*</sup>	35	Sandwich <sup>^WG</sup>	41	Sandwich <sup>WG</sup>	29	Marinara Cup	7	Fruit Sorbet	21
Applesauce Cup	15	Mixed Fruit	18	Veggie Juice	10	Grape Tomatoes w/ Ranch	4/13	Celery w/ Peanut Butter Cup <sup>p</sup>	5/7	Mixed Berry Cup	20	Milk	13-20
Milk	13-20	Milk	13-20	Fresh Fruit	7-26	Strawberry Cup	22	Fresh Fruit	7-26	Milk	13-20		
<b>SUPPER</b>													
<b>Twisted Blueberry Sticks<sup>^WG</sup></b>	<b>48</b>	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WG</sup></b>	<b>27-30</b>	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b>	<b>38/47</b>	<b>Chicken Patty<sup>^</sup> Sandwich<sup>WG</sup></b>	<b>37</b>						
Veggie Juice	10	Grape Tomatoes w/ Ranch	4/13	Veggie Juice	10	Celery + Grape Tomatoes w/ Ranch	3/13						
Dried Fruit Mix	30	Fruit Sorbet	21	Mixed Berry Cup	20	Craisins	27						
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20						
<b>SNACK</b>													
<b>Snack Kit<sup>WG</sup></b>	<b>43</b>	<b>Cheese Crackers<sup>^WG</sup></b>	<b>14</b>	<b>Grahams<sup>^WG</sup></b>	<b>21</b>	<b>Cereal Bowl<sup>WG</sup></b>	<b>23</b>						
		Capri Sun Juice	21	Milk	13-20	Milk	13-20						

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Menu subject to change due to product supply.

Menu Key: ~ Beef Carb Carbohydrates IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

## ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR  
Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

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# DECEMBER 2020 GRAB + GO MEALS CARBS

MONDAY 12/14/20		TUESDAY 12/15/20		WEDNESDAY 12/16/20 + 12/17/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 12/18/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CARB		CARB		CARB		CARB		CARB					
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Rice Krispies<sup>^WG</sup></b>	<b>23</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>25/2</b>	<b>Egg + Cheese Wrap<sup>^WG</sup></b>	<b>14</b>	<b>Pancakes<sup>^WG</sup></b>	<b>35</b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>35</b>	<b>Cinnamon Chex<sup>^WG</sup></b>	<b>45</b>
Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
<b>LUNCH</b>													
<b>Pizza<sup>^WG</sup></b>	<b>29-31</b>	<b>Chicken Nuggets<sup>^WG</sup> w/ Corn</b>	<b>29</b>	<b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b>	<b>31</b>	<b>Thai Sweet Chili Chicken<sup>+</sup></b>	<b>74</b>	<b>Protein Pack<sup>^</sup></b>	<b>384</b>	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>^WG</sup></b>	<b>236-270</b>	<b>Twin Mini Cheeseburgers<sup>-WGIW</sup></b>	<b>36</b>
Baby Carrots	8	Peaches	13	Fresh Fruit	7-26	Broccoli w/ Ranch	3/13	Fresh Fruit	7-26	Hummus Cup	18	Veggie Juice	10
Applesauce Cup	15	Milk	13-20	Milk	13-20	Craisins	27	Milk	13-20	Mixed Berry Cup	20	Strawberry Cup	22
Milk	13-20					Milk	13-20			Milk	13-20	Milk	13-20
<b>SUPPER</b>													
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b>	<b>64</b>	<b>Twin Mini Cheeseburgers<sup>-WGIW</sup></b>	<b>36</b>	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b>	<b>38/47</b>	<b>Twisted Blueberry Sticks<sup>^WG</sup></b>	<b>48</b>						
Veggie Juice	10	Salsa Cup	5	Veggie Juice	10	Cucumber Slices w/ Ranch	8/13						
Fruit Sorbet	21	Mixed Fruit	18	Strawberry Cup	22	Fresh Fruit	7-26						
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20						
<b>SNACK</b>													
<b>Cheese Stick + Pretzel<sup>^WGIW</sup></b>	<b>59/140</b>	<b>Snack Kit<sup>WG</sup></b>	<b>43</b>	<b>Grahams<sup>^WG</sup></b>	<b>21</b>	<b>Cereal Bowl<sup>WG</sup></b>	<b>23</b>						
				Milk	13-20	Milk	13-20						

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CARB		CARB		CARB		CARB	
<b>BREAKFAST</b>				NO SCHOOL		NO SCHOOL	
<b>Cinnamon Roll<sup>^WG</sup></b> 38	<b>Rice Krispies<sup>^WG</sup></b> 23	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 25/2			<b>Pancakes<sup>^WG</sup></b> 35	<b>Cinnamon Chex<sup>^WG</sup></b> 45	
Orange Juice 13	Orange Juice 13	Orange Juice 13			Orange Juice 13	Orange Juice 13	
Milk 13-20	Milk 13-20	Milk 13-20			Milk 13-20	Milk 13-20	
<b>LUNCH</b>							
<b>Meateater's Pizza<sup>^~*WG</sup></b> 29	<b>Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> 30/26	<b>Turkey<sup>+</sup> + Stuffing<sup>WG</sup> + Mashed Potatoes + Corn w/ Gravy</b> 60	NO SCHOOL	NO SCHOOL	<b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> 45	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 29	
Baby Carrots 8	Veggie Juice 10	Fruit Sorbet 21			Mixed Berry Cup 20	Veggie Juice 10	
Applesauce Cup 15	Mixed Fruit 18	Milk 13-20			Milk 13-20	Strawberry Cup 22	
Milk 13-20	Milk 13-20					Milk 13-20	
<b>SUPPER</b>							
<b>Beef Sausage<sup>~</sup> + Cheese Bagel<sup>WG</sup></b> 26	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 37	<b>Grilled Cheese Sandwich<sup>^WG IW</sup></b> 31	NO SCHOOL				
Veggie Juice 10	Celery w/ Peanut Butter Cup <sup>p</sup> 5/7	Marinara Cup 7					
Dried Fruit Mix 30	Applesauce Cup 15	Fruit Sorbet 21					
Milk 13-20	Milk 13-20	Milk 13-20					
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 43	<b>Grahams<sup>^WG</sup></b> 21	<b>Cereal Bowl<sup>WG</sup></b> 23	NO SCHOOL				
	Milk 13-20	Milk 13-20					

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