

CDLS Menu

Breakfast: Milk* (fluid); Fruit, Vegetables and/or Fruits (two or more); Bread/Bread Alternate (including cereal); Other foods
id); Meat/Meat Alternate; Vegetables and/or Fruits (two or more); Bread/Bread Alternate (including cereal)

Snack: (Select two of the four components) Milk* (fluid); Fruit or Vegetable; Bread/Bread Alternate

*: Children under 2 receive Whole milk, children over 2 years of age receive 1% milk

**: Raisins served to Preschool only

Nov 29-Dec 3 2021	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Mini Bagels w/ cream cheese Canned pears	Milk Cheerios Cereal Bananas	Milk Whole Wheat Pancakes Canned peaches	Milk Rice Krispies Bananas	Milk Oatmeal Dried blueberries
Lunch	Milk Whole Wheat Macaroni & Cheese Peas Cantaloupe	Milk Mexican Bean, Zucchini, & Cheese Casserole Fresh Carrots Oranges	Milk Butternut Squash Soup Egg Salad Sandwiches on Whole Wheat Apples	Milk Lentil & Collard Green Stew Basmati Rice Apples	Milk Cheeseburger Sliders on a Whole Wheat Bun Roasted zucchini Oranges
Vegetarian Lunch	Milk Whole Wheat Macaroni & Cheese Peas Cantaloupe	Milk Mexican Bean, Zucchini, & Cheese Casserole Fresh Carrots Oranges	Milk Butternut Squash Soup Egg Salad Sandwiches on Whole Wheat Apples	Milk Lentil & Collard Green Stew Basmati Rice Apples	Milk Veggie Sliders on a Whole Wheat Bun Roasted zucchini Oranges
Snack	Milk Whole Wheat Crackers Sliced Peppers	Milk Pumpkin Bread Apples	Milk Graham crackers Oranges	Milk Veggie Straws Grapefruit	Milk Animal crackers Apples
Dec 6-10 2021	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk French Toast Sticks Applesauce	Milk Corn Flakes Apples	Milk Egg & Cheese Frittata Oranges	Milk Cheerios Oranges	Milk Whole Wheat Pancakes Applesauce
Lunch	Milk Taco Bean Salad w/ Tomatoes and Lettuce Oranges	Milk Baked Ziti w/Ricotta Broccoli Canned pears	Milk Tomato Soup w/ Grilled Cheese Sandwiches Apples	Milk Shepherd's Pie w/ Ground Beef Canned peaches	Milk Whole Wheat Mac & Cheese Peas Oranges
Vegetarian Lunch	Milk Taco Bean Salad w/ Tomatoes and Lettuce Oranges	Milk Baked Ziti w/Ricotta Broccoli Canned pears	Milk Tomato Soup w/ Grilled Cheese Sandwiches Apples	Milk Shepherd's Pie w/ Lentils Canned peaches	Milk Whole Wheat Mac & Cheese Peas Oranges
Snack	Milk Whole Wheat Crackers Sliced Peppers	Milk Sliced apples Graham Crackers	Milk Oatmeal with raisins	Milk Whole Wheat Crackers Beets	Milk Veggie straws