

December 3rd



MEAL PACK SAMPLE MENU

Milk is recommended daily with each meal

FRIDAY 12/4

Breakfast:

Cereal Bowl
Applesauce + Juice

Lunch:

Pasta w/ Texas Toast
Refried Beans + Celery + Orange

MONDAY 12/7

Breakfast:

Egg & Cheese Rolled Taco
Applesauce

Lunch:

Pizza
Romaine Salad + Orange

TUESDAY 12/8

Breakfast:

Waffle w/ Syrup
Apple + Juice

Lunch:

Chicken Nuggets
Baby Carrots + Applesauce

WEDNESDAY 12/9

Breakfast:

Muffin
Apple + Juice

Lunch:

Cheesy Bites w/ Marinara
Romaine Salad + Carrots + Orange

THURSDAY 12/10

Breakfast:

Cinnamon Roll
Apple + Juice

Lunch:

Chicken Burger
Potato Wedges + Frozen Fruit Cup

Condiment packs are available at pickup: ketchup, taco sauce, BBQ sauce, & Tajin