



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<h2 style="color: orange;">Bridgeprep VG Satellite (4)</h2>			<p><u>BREAKFAST:</u> Fruit Pancakes Syrup Milk</p> <p><u>LUNCH:</u> Spaghetti w/ Meatballs Garlic Bread Green Salad & Tomato Lowfat Ranch Dressing Fruit Milk</p> <p><u>SNACK:</u> Granola Fruit Bar Milk</p>	<p><u>BREAKFAST:</u> Fruit Breakfast Burrito Milk</p> <p><u>LUNCH:</u> Turkey Stew Brown Rice Green Peas Fruit Milk</p> <p><u>SNACK:</u> Juice Oyster Crackers</p>
5	6	7	8	9
<p><u>BREAKFAST:</u> Fruit Cereal Milk</p> <p><u>LUNCH:</u> Roasted Pork Stew Roll Mashed Potatoes Mixed Vegetables Fruit Milk</p> <p><u>SNACK:</u> Yogurt Fruit</p>	<p><u>BREAKFAST:</u> Fruit Blueberry Muffin Milk</p> <p><u>LUNCH:</u> Chicken Strips Brown Rice Mixed Green Salad dressing Corn Fruit Milk</p> <p><u>SNACK:</u> Poptarts Juice</p>	<p><u>BREAKFAST:</u> Fruit Cornbread Milk</p> <p><u>LUNCH:</u> Ropa Vieja Roll Moro Green Peas Seasonal Fresh Fruits Milk</p> <p><u>SNACK:</u> Juice Fish Crackers</p>	<p><u>BREAKFAST:</u> Juice Fruit English Muffin Cream Cheese & Jelly Milk</p> <p><u>LUNCH:</u> Chicken Teriyaki Brown Rice Broccoli Fruit Milk</p> <p><u>SNACK:</u> Lady Finger Pudding</p>	<p><u>BREAKFAST:</u> Fruit Boiled Eggs Toast Jelly Milk</p> <p><u>LUNCH:</u> Cheeseburger Lettuce & Tomatoes Mustard, Mayo, Ketchup Carrots & Green Beans Fruit Milk</p> <p><u>SNACK:</u> Milk Ritz Crackers</p>

Merry
Christmas

From your team



Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
<u>BREAKFAST:</u> Juice Fruit Granola Fruit Bar Milk <u>LUNCH:</u> Penne Chicken Pasta Green Peas Bread Fruit Milk <u>SNACK:</u> Fudge Cream Cookies Milk	<u>BREAKFAST:</u> Fruit Bagel <i>cream cheese</i> Milk <u>LUNCH:</u> Beef Picadillo Rice Lentil Soup Carrots Fruits Milk <u>SNACK:</u> Yogurt Fruits	<u>BREAKFAST:</u> Fruit Banana Bread Milk <u>LUNCH:</u> Beef Ravioli Garlic Bread Steamed Spinach Fruits Milk <u>SNACK:</u> Graham Crackers Milk	<u>BREAKFAST:</u> Fruit Waffles <i>Syrup</i> Milk <u>LUNCH:</u> Cuban Stew w/Carrots Brown Rice Mixed Vegetables Fruit Milk <u>SNACK:</u> Rice Krispies Treat Juice	<u>BREAKFAST:</u> Fruit Scrambled Eggs Whole Wheat Toast <i>Butter & Jelly</i> Milk <u>LUNCH:</u> Pizza Tossed Salad <i>dressing</i> Tomatoes Corn Fruits Milk <u>SNACK:</u> Milk Banana Bread
19	20	21	22	23
<u>BREAKFAST:</u> Fruits Cocktail Cereal Milk <u>LUNCH:</u> Chicken Enchilada Bread Brown Rice Green Peas & Corn Pineapple Milk <u>SNACK:</u> Animal Crackers Applesauce	<u>BREAKFAST:</u> Cinnamon Apples French Toast (1 ½ slice) <i>Syrup</i> Milk <u>LUNCH:</u> Beefaroni Garlic Bread Steamed Spinach Mixed Salad w/tomatoes <i>dressing</i> Fruit Salad Milk <u>SNACK:</u> Ham (sliced) Whole Wheat Bread <i>Mayo</i>	<u>BREAKFAST:</u> Oranges Wedges Fruit Muffin Milk <u>LUNCH:</u> Picadillo (Turkey) WG Bread Congri (Brown Rice) Carrots Tropical Mixed Fruits Milk <u>SNACK:</u> Goldfish Juice	<u>BREAKFAST:</u> Pears Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk <u>LUNCH:</u> Ham in Sauce Brown Rice Mixed Vegetables Mandarin Oranges Milk <u>SNACK:</u> Fruit Gelatin Wheat Thin Crackers	<u>BREAKFAST:</u> Juice Fresh Fruit Scrambled Egg w/ham Toast <i>butter & jelly</i> Milk <u>LUNCH:</u> Arroz con Pollo w/peas WG Bread Broccoli Peaches Milk <u>SNACK:</u> Pretzels Juice

Merry Christmas

From your team





Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
<u>BREAKFAST:</u> Juice Cereal Fresh Fruit Milk <u>LUNCH:</u> Macaroni & Cheese Garlic Bread Black Eyed Peas Broccoli Fruit Milk <u>SNACK:</u> Tortilla Chips w/ Cheese Dip	<u>BREAKFAST:</u> Seasonal Fruits Sauce Biscuit Milk <u>LUNCH:</u> Chicken Nuggets <i>ketchup</i> Brown Rice Corn & Green Beans Fruit Milk <u>SNACK:</u> Brownies Milk	<u>BREAKFAST:</u> Fruit Pound Cake Milk <u>LUNCH:</u> Salisbury Steak <i>gravy</i> Bread Mashed Potatoes Green Peas & Carrots Fruit Milk <u>SNACK:</u> Seasonal Fresh Fruits Milk	<u>BREAKFAST:</u> Fruit English Muffin <i>Butter & Jelly</i> Scrambled Egg Milk <u>LUNCH:</u> BBQ Chicken Brown Rice Red Beans Plantains Fruit Milk <u>SNACK:</u> Fruit Yogurt	<u>BREAKFAST:</u> Fruit Waffles w/ <i>Syrup</i> Milk <u>LUNCH:</u> Corn Dog <i>Ketchup/Mustard</i> Baked Sweet Potatoes Fries Peas & Carrots Fruit Milk <u>SNACK:</u> Homemade Cookie Milk

Merry
Christmas

From your team