SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Infant

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 House Made Creamy Chicken Penne Alfredo ¼ c Sweet Yellow Corn ¼ c Veggie: Creamy Penne Alfredo Fresh or Chilled Fruit	2 Home-Style Turkey Meatballs 2 ea over Enriched Whole Grain Rice ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	3 Whole Grain Breaded Chicken Nuggets 2 ea; ½ oz Enriched Bread Slice; Sweet Hot Baby Peas ¼ c; Veggie: Baked Morningstar Chik Nuggets Fresh or Chilled Fruit
All lunches served with age appropriate milk, either 1% or whole milk. Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS			
6 Whole Grain Breaded Chicken Patty on Whole Grain Bun Cooked Carrot Coins ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	7 Mini Four Cheese Ravioli w/ Marinara Sauce ¼ c California Blend Hot Mixed Vegetables ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	8 Chicken Fajita Rice Bowl 1 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Sliced Cucumbers 3 ea w/ Ranch Dip Veggie: Bean Rice Bowl Fruit or Chilled	9 “Breakfast For Lunch” Buttermilk Pancakes 1 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	10 Whole Grain Baked Chicken Tenders 1 ea; ½ oz Enriched Bread Slice; Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit
13 Kid Fav Mac N' Cheese ¼ c Fresh Green Beans ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	14 Hawaiian Turkey Meatballs 1 ea over Enriched Grain Rice ¼ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Hawaiian Balls over Rice; Fresh or Chilled Fruit	15 Creamy Chicken Broccoli Penne Alfredo ¼ c Sweet Yellow Corn ¼ c Veggie: Creamy Broccoli Penne Alfredo Fresh or Chilled Fruit	16 Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ¼ c Sweet Hot Baby Peas ¼ c Veggie: Italian Cavatappi w/ Marinara Fresh or Chilled Fruit	17 Cheddar Cheese Quesadilla 1 ea Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheddar Cheese Quesadilla Fresh or Chilled Fruit
20 Grilled Chicken Breast & Gravy over Creamy Mashed Potatoes Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Balls Fresh or Chilled Fruit	21 “Breakfast For Lunch” Jumbo Square Waffles 1 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	22 Cheesy Baked Ziti ¼ c Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	23 Slow Roasted Turkey & American Cheese Sub ½ ea Fresh Cucumber Slices 2 ea w/ Creamy Ranch Dip Veggie: Double Cheese Sub Fresh or Chilled Fruit	24 Christmas Day Observed SHG Closed
27 Teriyaki Chicken Strips 1 oz w/ Enriched Whole Grain Rice ¼ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	28 Whole Grain Breaded Chicken Nuggets 2 ea ½ oz Enriched Bread Slice Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	29 Kid Fav Mac N' Cheese ¼ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	30 Beef Taco Rice Bowl 1 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl Fresh or Chilled Fruit	31 New Year's Day Observed SHG Closed