

MFCS Hernando County Menu December 2021

Evelyn Klironomos RD, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings.</p> <p>Condiments: offered as needed. This institution is an equal opportunity provider. Menu Subject to Change.</p>				
		<p>1</p> <p>Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk</p> <p>Entrée: Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, Whole Wheat Roll, Milk</p> <p>Snack: Whole Wheat Bread, Peanut Butter/Jelly</p>	<p>2</p> <p>Breakfast: Banana Muffin, Cranberry Juice, Milk</p> <p>Entrée: Breaded Fish, Broccoli, Apple Slices, Cornbread, Milk</p> <p>Snack: Pears, Cottage Cheese</p>	<p>3</p> <p>Breakfast: Cereal, Banana, Milk</p> <p>Entrée: Meatloaf, Gravy, Mashed Potatoes, Mixed Vegetables, Peaches, Milk</p> <p>Snack: Whole Wheat Crackers, Tropical Fruit</p>
<p>6</p> <p>Breakfast: Pancakes, Cinnamon Apples, Milk</p> <p>Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk</p> <p>Snack: Wheat Crackers, Pineapple</p>	<p>7</p> <p>Breakfast: Cheerios, Mandarin Oranges, Milk</p> <p>Entrée: Turkey Sandwich Oven Fries, Peaches, Milk</p> <p>Snack: Applesauce, Whole Grain Muffin</p>	<p>8</p> <p>Breakfast: Sausage & Biscuit, Pineapples, Milk</p> <p>Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk</p> <p>Snack: ½ Tukey Sandwich on Whole Wheat Bread</p>	<p>9</p> <p>Breakfast: Corn Flakes, Cantaloupe, Milk</p> <p>Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk</p> <p>Snack: Fresh Apple Slices, Yogurt Cup</p>	<p>10</p> <p>Breakfast: Cereal, Orange Juice, Milk</p> <p>Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk</p> <p>Snack: Whole Grain Fish Crackers, Apple sauce</p>
<p>13</p> <p>Breakfast: Pancakes, Pineapples, Milk</p> <p>Entrée: Chicken Stir Fry, Brown Rice Egg Roll, Apple Slice. Milk</p> <p>Snack: Whole Grain Fish Crackers, Applesauce</p>	<p>14</p> <p>Breakfast: Blueberry Muffin, Pears, Milk</p> <p>Entrée: Chicken Nuggets, Mashed Potatoes, Green Beans, Pears, Milk</p> <p>Snack: Whole Grain Crackers, Orange Juice</p>	<p>15</p> <p>Breakfast: Sausage & Biscuit, Orange Wedges, Milk</p> <p>Entrée: Corn Dogs, Oven Fries, Broccoli w/ Cheese, Pineapple, Milk</p> <p>Snack: Applesauce, Whole Grain Muffin</p>	<p>16</p> <p>Breakfast: Whole Grain Bagel, Apple Slices, Milk</p> <p>Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk</p> <p>Snack: WG Sun Chips, Juice</p>	<p>17</p> <p>Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk</p> <p>Snack: Sliced Turkey, Wheat Roll</p>