

DECEMBER 2021

Allendale Christian Childcare Menu

LUNCH



Lunch Prices: Free (until notified otherwise)
Staff/Adult Meals- \$3.80
Extra Entrée- \$1.15 Milk Only- \$0.50



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

** Menu items may change without notice due to product availability

This institution is an equal opportunity provider and employer

WEDNESDAY

THURSDAY

FRIDAY

6

Bagel with Cream Cheese

7

Stuffed Pizza Stick

8

Mozzarella Sticks

9

Mini Pancakes

10

"Uncrustables" Sandwich

13

National Cocoa Day

Cocoa Puffs Cereal

14

Cinnamon Toast Crunch Cereal

15

Bagel with Cream Cheese

16

Turkey/Cheese Sandwich

17

Nat. Maple Syrup Day

Chocolate Chip French Toast

20

Cocoa Puffs Bag

21

Chicken Sandwich

22

Mini Cinnamon Rolls

23

24

27

29

30

31