



DECEMBER 2018

Water of Life Preschool & Childcare

WATER - FAM LK

December 3 Penne w/Beef (1/2c) Golden Corn & Carrots (1/4c) Pears (1/4c)	December 4 Hawaiian Meatballs (2ea) Tossed Salad (1/4c) Pineapple Bites (1/4c) Multi-Grain Rice (1/4c) Ranch Dressing	December 5 Crispy Chicken Patty (1ea) Carrot Coins (1/4c) Banana (1ea) Hamburger Bun (1ea) Ketchup	December 6 Baby Bean & Cheese Burrito (1ea) Cucumber Slices (1/4c) Peaches (1/4c) Mexican Rice (1/4c) Ranch Dressing	December 7 Monterey Chicken Casserole (1/2c) Sweet Peas (1/4c) Orange Slices (2ea)
December 10 Beef Hamburger (1ea) Golden Corn & Carrots (1/4c) Apple Sices (1ea) Hamburger Bun (1ea) Ketchup	December 11 Macaroni & Cheese (1/2c) (V) Tossed Salad (1/4c) Pears (1/4c) Ranch Dressing	December 12 Chicken Fingers (4ea) Sweet Corn (1/4c) Pineapple Bites (1/4c) Ketchup	December 13 Roasted Chicken Bites (1/4c) Mashed Potatoes (1/4c) Banana (1ea)	December 14 Beef Enchilada Casserole (1/2c) Green Beans (1/4c) Tropical Fruit (1/4c)
December 17 Teriyaki Chicken Bites (1/4c) Carrot Sticks (1/4c) Apple Sices (1ea) Multi-Grain Rice (1/4c) Ranch Dressing	December 18 Spaghetti w/Beef Tossed Salad (1/4c) Mandarin Oranges (1/4c) Ranch Dressing	December 19 Turkey Hot Dog (1ea) Sweet Peas (1/4c) Banana (1ea) Hot Dog Bun (1ea) Ketchup	December 20 Macaroni & Cheese (1/2c) (V) Green Beans (1/4c) Orange Slices (2ea)	December 21 BBQ Chicken Sandwich (1/4c) Mixed Vegetables (1/4c) Apple Slices (1ea) Hamburger Bun (1ea)
December 24 NO SERVICE CTT CLOSED	December 25 NO SERVICE CTT CLOSED	December 26 NO SERVICE CTT CLOSED	December 27 NO SERVICE CTT CLOSED	December 28 NO SERVICE CTT CLOSED
December 31 NO SERVICE CTT CLOSED				

Portions meet or exceed USDA CACFP & California Title 22 guidelines for 2-6 year olds when consumed with 6oz of 1% Milk.

(V) = Vegetarian

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www.cater tots.com

HAVE A WONDERFUL DAY!