








# December Lunch Menu

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p>3 Cheese Ravioli w/Garlic Butter Sauce, steamed baby carrots  Fresh Fruit</p>	<p>4 Taco Tuesday   Fresh Fruit</p>	<p>5 Chicken &amp; Cheese Quesadillas with Black Bean Salad  Fresh Fruit</p>	<p>6 BBQ Meatballs w/Brown Rice and Green Beans  Fresh Fruit</p>	<p>7 Mac and Cheese w/Steamed Broccoli  Fresh Fruit</p>
<p>10 Ginger Chicken and Rice Soup w/Veggies and Corn Tortillas  Fresh Fruit</p>	<p>11 Hearty Lentil Soup w/Cheesy Garlic Bread  Fresh Fruit</p>	<p>12 Turkey Melts with Tomato Slices  Fresh Fruit</p>	<p>13 Alfredo Pasta with Zucchini Shreds and Garlic Buttery Bread  Fresh Fruit</p>	<p>14 Lemon Herb Chicken Bites, White Rice and Peas  Fresh Fruit</p>
<p>17 Cheese Ravioli w/Garlic Butter Sauce, steamed baby carrots  Fresh Fruit</p>	<p>18 Taco Tuesday   Fresh Fruit</p>	<p>19 Chicken &amp; Cheese Quesadillas with Black Bean Salad  Fresh Fruit</p>	<p>20 Ginger Chicken and Rice Soup w/Veggies and Corn Tortillas  Fresh Fruit</p>	<p>21 Mac and Cheese w/Steamed Broccoli  Fresh Fruit</p>
<p>24 </p>	<p>25 </p>	<p>26 Turkey Melts with Tomato Slices  Fresh Fruit</p>	<p>27 Alfredo Pasta with Zucchini Shreds and Garlic Buttery Bread  Fresh Fruit</p>	<p>28 BBQ Meatballs w/Brown Rice and Green Beans  Fresh Fruit</p>
<p>31 </p>				

## Fun Fruit Fact

Cherry farmers hire helicopter pilots to air-dry their trees after it rains so that the cherries don't split open.

- Water is served with every meal and is our primary source of beverage.
- All meals are served Family Style
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

