<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| 1     | 1st ½ of Tuition Due | 1. B: Warm Oatmeal & Raisins  
L: Chicken Curry with Bell Peppers & Onion  
Steamed Brown Rice  
Cauliflower  
Mango  
S: Pretzels & Carrot Sticks with Ranch Dressing | 2. B: Cereal & Apricots  
L: Turkey Spaghetti  
Steamed Brussels Sprouts  
Tropical Fruit  
S: English Muffins and Sunbutter | 3. B: Biscuits & Bananas  
L: Beef and Broccoli Stir Fry  
Chow Mein Noodles  
Steamed Carrots  
Fresh Grapefruit  
S: Pita Chips with Hummus | 4. B: Pancakes & Applesauce  
L: Tuna Salad in Pita Pockets  
Kale Salad  
Mixed Berries  
S: Graham Crackers & Bananas |
| 7     | B: Cereal & Tropical Fruit  
L: Bean and Cheese Tacos  
Corn Salsa  
Mixed Berries  
S: Fresh Grapefruit & Ritz | 8. B: Warm Oatmeal & Raisins  
L: Chicken, Kale & Cheese Casserole  
Green Peas  
Mandarin Oranges  
S: Graham Crackers with Vanilla Yogurt | 9. B: Cereal & Strawberries  
L: Grilled Ham & Cheese Sandwiches  
Fresh Broccoli Florets with Ranch  
Pineapple Chunks  
S: Bean Dip with Tortilla Crisps | 10. B: Biscuits & Bananas  
L: Chickpea Sloppy Joes on Wheat Bun  
Okra  
Apple Slices  
S: Sunbutter fruit pizza on Pita Pockets | 11. B: Waffles & Pears  
L: Baked Tilapia w/ Couscous  
Zucchini Fries  
Orange Slices  
S: Vanilla Wafers & Bananas |
| 14    | B: Cereal & Peaches  
L: Skillet Mac & Cheese  
Steamed Broccoli  
Strawberries  
S: Animal Crackers & Apple Slices | 15. 2nd ½ of Tuition Due | 16. B: Cereal & Mixed Berries  
L: BBQ Chicken on Whole Wheat Bun  
Coleslaw  
Tropical Fruit  
S: Roasted Chickpeas & String Cheese | 17. B: Biscuits & Bananas  
L: Ham and Pineapple English Muffin Pizzas  
Edamame  
Orange Slices  
S: Hummus & Veggie Sticks | 18. B: French Toast & Strawberries  
L: Black Bean Soup  
Cornbread  
Steamed Spinach  
Peaches  
S: Banana Wrap with Sunbutter |
| 21    | WINTER BREAK! Through January 2nd | 22 | 23 | 24 | 25 |