

DECEMBER



HORIZON EDUCATION CENTERS

Dec-22

			1	2
			BBQ CHICKEN, MIXED VEGETABLES, PINAPPLE TIDBITS, WG RICE.	CHEESE PIZZA, GREEN BEANS, FRESH BANANAS
5	6	7	8	9
Meatball Sub, WG Bun, Corn, Mango Chunks	WG Chicken Tenders, Mixed Vegetables, Fresh Apple Slices, WG Roll	Beef and Cheese Burrito, Diced Carrots, Diced Pears	Parsley Lemon Chicken, Sweet Peas, Banana, Brown Rice	Ravioli, Green Beans, Diced Peaches
12	13	14	15	16
CN Chicken Nuggets, Broccoli, Blueberries, WG Dinner Roll.	CN beef burger w/ cheese, peas, pineapple tidbits, WG Hamburger Bun	Chicken Taco, Sweet Corn, Lettuce / Salsa / Cheese, Sliced Peaches, Flour Tortilla.	Salisbury Steak & Gravy, Mash Potatoes, Fresh Apple Slices.	Uncrustable Egg & Turkey Sausage and Cheese, Hash Browns, Fresh Banana, Cheese Stick
19	20	21	22	23
Meatball Sub, Broccoli, Diced Strawberries, WG Hot Dog Bun.	WG Grilled Cheese, Green Beans, Applesauce	Diced Chicken and Gravy, Mashed Potatoes, WG dinner Roll, Fresh Banana	CN WG Chicken Patty, Diced Carrots, Peaches, WG Bun,	Wow Butter and Jelly, Cheese sticks, Carrot Sticks, Fresh Oranges.
26	27	28	29	30
Closed for the Holidays!				

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 slice 1/4 cup 1/2 oz. eq ²	1/2 slice 1/4 cup, 1/2 oz eq ²	1 slice 1/2 cup 1 oz eq ²
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

