

Sunrise Center Menu for Dec 2018

Menus Subject to Change

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
WG French Toast Sticks Diced Peaches Low Fat Milk Popcorn Chicken w/ WG Roll Baked Fries Unsweetened Applesauce Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk BBQ Chicken Wrap Mashed Potatoes Mixed Fruit Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Orange Segments Low Fat Milk Honey Mustard Chicken Nuggets w/ WG Roll Seasoned Peas Diced Pears Low Fat Milk	Egg & Cheese on WG Bagel Fresh Pear Low Fat Milk Crunchy Beef Tacos Seasoned Corn Mandarin Oranges Low Fat Milk	WG Mini Pancakes Unsweetened Applesauce Low fat Milk Cheese Pizza Seasoned Broccoli Mixed Fruit Low fat Milk
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
WG Cereal Diced Peaches Low Fat Milk BBQ Chicken Nuggets w/ WG Roll Curly Fries Unsweetened Applesauce Low Fat Milk	Strawberry Parfait w/ WG Granola Low Fat Milk Meatball Sub Celery Mixed Fruit Low Fat Milk	WG Bagel w/ Sunbutter Fresh Pear Low Fat Milk Ham & Cheese Sandwich Baby Carrots Diced Pears Low Fat Milk	WG Mini Pancakes Unsweetened Applesauce Low Fat Milk Chicken & Cheese Nachos Black Beans Seasoned Corn Low Fat Milk	WG Mini French Toast Fresh Apple Low Fat Milk Cheese Pizza Seasoned Broccoli Mixed Fruit Low Fat Milk
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
WG French Toast Sticks Unsweetened Applesauce Low Fat Milk Pizza Sticks w/ Sauce Seasoned Peas Fresh Orange Segments Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Pear Low Fat Milk Chicken Bowl WG Roll Mashed Potatoes Mixed Fruit Low Fat Milk	WG Cereal Fresh Orange Segments Low Fat Milk Chicken Chef Salad WG Dinner Roll Diced Pears Low Fat Milk	WG Cereal Diced Peaches Low Fat Milk Field Trip Bagged Lunch: Turkey & Cheese Sandwich Crunchy Carrots Fresh Apple Low Fat Milk	NO CENTER

MONDAY, DEC 24th thru MONDAY, DEC 31st – NO CENTER

Make Healthy Holiday Choices:

- Enjoy all the food groups at your celebration by including all 5 MyPlate food groups at mealtimes: fruits, vegetables, whole grains, lean proteins, and nonfat or low-fat dairy products.
- Do not skip meals throughout the day which can result in overeating later, instead try low-calorie meals loaded with vegetables, lean protein and nonfat dairy.
- Tweak the sweet. Try baked apples with cinnamon and a sprinkle of sugar instead of apple pie or modify your favorite recipe.
- Include physical activity.
- Mingle away from the food.
- Enjoy leftovers by creating delicious new meals such as soups, salads, omelets and sandwiches.

Quench your thirst with low-calorie options.

*LF refers to Low Fat, WG Refers to Whole Grain Rich, HM refers to Homemade, PB refers to Peanut Butter, RS refers to Reduced Sugar.

This institution is an equal opportunity provider.