

Courtyard School Menu **DECEMBER 2024** -Food Supervisor-Mr. Lewis D'Ippolito
 Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00 am	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk	Whole Wheat Crackers Cheddar Cheese Slices ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	Snack mix or crackers ½ cup fresh fruit ½ Cup of Milk

Lunches: Served 11:30 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas)

- DECEMBER 2** – WG Chicken Nuggets (1.5 oz.) Fries (1/4 cup); WG Bread (1/2 slice)
- 3 - Mac 'n Cheese (4 oz.); Broccoli (1/2 cup)
- 4 - Baked Chicken (1.5 oz.), Spanish Rice (2 oz.); WG Bread (1/2 slice)
- 5 – Chicken Parm (1.5 oz.), Salad (1/2 cup), WG Bread (1/2 slice)
- 6 – Turkey & Cheese (1.5 oz total) on WG bread & Veggie sticks (1/2 cup)

- 9 – *Meatballs on bun (1 ½ oz.) ; Veggie sticks (1/2 cup)
- 10– Chicken (1.5 oz.) in Gravy, Mashed Potatoes (2 oz.) & WG bread (1/2 slice)
- 11 – WG Cheese Pizza; Salad (1/2 Cup)
- 12 - WG French Toast (2 oz.) and Sausage Patty (1.5 oz.)
- 13 – Ham & Cheese (1.5 oz total) on WG bread & Tator tots (1/2 cup)

- 16 –P Pasta (4 oz.) with Meat Sauce (1/2 oz.); Salad (1/2 cup)
- 17 – Beef Cheeseburger (1 ½ oz.) on WG Bun; Veggie Sticks (1/2 cup)
- 18 – WG Chicken Patty on Bun (1.5 oz.); Tator tots (1/4 cup)
- 19 – Hot Turkey (1.5 oz.) with Green beans (1/4 cup), WG bread (1/2 slice)
- 20 - WG Grilled Cheese (1 ½ oz) with Fries (1/4 cup)



DECEMBER 23, 2024 – JANUARY 1, 2025 SCHOOL CLOSED FOR WINTER HOLIDAYS

NOTES:

Dressings for salad and veggie sticks either Italian or Ranch

*VARIETY OF CEREALS SERVED: **CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES**

½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange

*This item contains pork products.

We use WHOLE GRAINS (WG)