

Bridges & Sylvandale December Menu

12/2	12/3	12/4	12/5	12/6
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Whole Grain Breakfast Pizza	Whole Grain Breakfast Burrito	Whole Grain Molletes	Low Fat Yogurt Parfait	Whole Grain Banana Bread Slice
Whole Grain Bagel with Cream Cheese	Whole Grain Waffles	Whole Grain Cinnamon Oatmeal Round	Whole Grain Concha	Whole Grain Turkey Pancake Wrap
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Whole Grain Chicken Tenders	Whole Grain Cheeseburger	Whole Grain Orange Chicken with Brown Rice	Whole Grain Spicy or Plain Chicken Sandwich	BBQ Chicken Whole Grain Pizza
Whole Grain Cheese Stuffed Breadsticks	Whole Grain Chicken Corn Dog	Pulled Pork with Whole Grain Tortilla	Whole Grain Bean & Cheese Burrito	Pepperoni Whole Grain Pizza
Whole Grain Turkey & Cheese Sandwich	Whole Grain Grilled Cheese Sandwich	Whole Grain Quesadilla	Turkey Bacon Whole Grain Sandwich	Cheese Whole Grain Pizza
12/9	12/10	12/11	12/12	12/13
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Whole Grain Breakfast Pizza	Whole Grain Breakfast Burrito	Scrambled Egg with Turkey Bacon	Low Fat Yogurt Parfait	Whole Grain Banana Bread Slice
Whole Grain Bagel with Cream Cheese	Whole Grain Waffles	Whole Grain Cinnamon Oatmeal Round	Whole Grain Concha	Whole Grain Turkey Pancake Wrap
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Teriyaki Beef with Brown Rice	Whole Grain Chicken Nuggets	Beef Tacos	Whole Grain Beef or Turkey Hot Dog	Ham & Pineapple Whole Grain Pizza
Whole Grain Mac & Cheese	Whole Grain Spaghetti Pasta with Meat Sauce	Whole Grain Turkey Nada	Whole Grain Chicken Enchilada	Pepperoni Whole Grain Pizza
Whole Grain Turkey-Ham & Cheese Sandwich	Whole Grain Bean & Cheese Burrito	Whole Grain Cheese Tamale	Whole Grain Cheese Stuffed Breadsticks	Cheese Whole Grain Pizza

