



December 2024 Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2. Mac & Cheese Peas Applesauce Milk	3. Chicken Nuggets Cucumber Slices Orange Slices Milk	4. Pasta Salad w/ Turkey, Peas & Carrots Melon Milk	5. Grilled Cheese on Whole Wheat Broccoli Apple Slices Milk	6. English Muffin Pizzas Green Beans Pineapple Milk	
<i>Food is an important part of the holiday season. Whether your taste runs to old standbys or to something new, it's</i>	9. Pasta w/Turkey Meatballs Green Beans Peach Slices Milk	10. Sunbutter and Jelly on Whole Wheat Broccoli Melon Milk	11. Fish Sticks Sweet Potato Fries Apple Slices Milk	12. Chicken & Pasta Peas Pineapple Milk	13. Cheese Quesadilla w/Salsa Cucumber Slices Orange Slices Milk	<i>to eat less later. Look for healthy substitutes for ingredients when you whip up your favorite holiday fare.</i>
<i>easy for normal eating patterns to take a backseat at this time of year. By following a few tips on holiday eating, you</i>	16. Pasta w/Alfredo Sauce Broccoli Applesauce Milk	17. Ground Turkey Taco w/ lettuce, tomato, cheese & chips Pineapple & Milk	18. Turkey Hot Dogs Baked Beans Orange Slices Milk	19. Pasta Salad w/ Turkey, Peas & Carrots Melon Milk	20. Cinnamon Pancakes Apple Slices w/ Sunbutter dip Milk	<i>You may be able to use low-fat or skim products instead of whole milk products in some dishes. In some</i>
<i>enjoy special foods while keeping a balanced and healthy diet. There are no "good" or "bad" foods, only good and bad eating</i>	23. American Chop Suey w/Ground Turkey Peas Peach Slices Milk	24. Grilled Cheese on Whole Wheat Green Beans Apple Slices Milk	25. Closed Merry Christmas	26. Sunbutter and Jelly on Whole Wheat Cucumber Slices Orange Slices Milk	27. Chicken & Pasta Broccoli Melon Milk	<i>applesauce for oil. Switching ingredients can create tasty results without the high calories that often come with rich foods.</i>
<i>eating habits. Before a holiday event, eat a snack or light meal. Foods high in protein, like chicken or cottage cheese help you</i>	30. Pasta & Sauce Green Beans Applesauce Milk	31. Fish Sticks Sweet Potato Fries Melon Milk	<p>Please be advised that food prepared here may contain these ingredients:</p>			<i>For more information: www.kidshealth.org</i>

Breakfast: Cereal, Fruit, Toast, Milk & Juice

Snacks: Goldfish, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Gerber Fruit Puffs, Fresh Fruit, Yogurt, Craisins, Bananas, Cheese and Crackers, Cucumber and Hummus, Go-gurt

Whole Milk is All Natural & Free of Growth Hormones