

December



ALPHA CHARTER



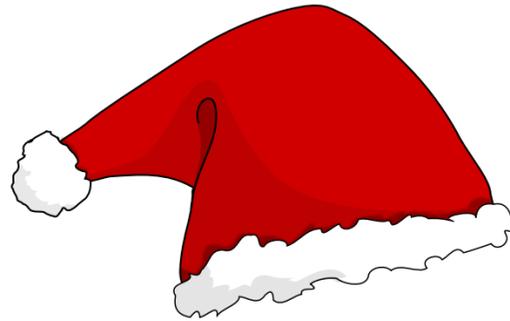
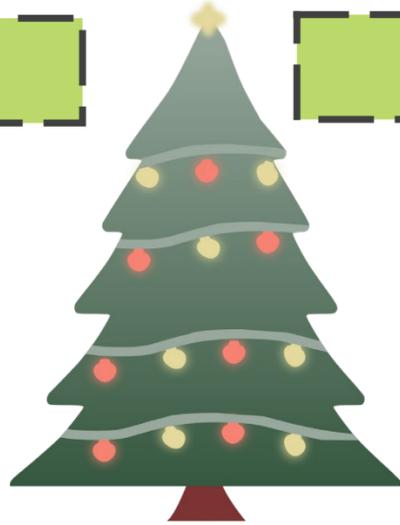
Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST:
Mandarin Orange
Egg Sandwish And Milk

01

LUNCH:
Pizza**
Mixed Vegetables ***
Pears
Milk

BREAKFAST:
Peaches
Cereal and Milk

04

LUNCH:
Arroz con Pollo
Steam Plantain
Steamed Caramelized Carrots
Bread Roll with Butter
Slushy and Milk

BREAKFAST:
Mandarin Oranges
Mini-Ham
Cheese Slider
With Milk

05

LUNCH:
Cheeseburger with ketchup
Hamburger Bun
Green Mixed Salad with dressing
Mandarin Oranges and Milk

BREAKFAST:
Tropical Mixed Fruits
Bagel with cream cheese and Jelly
And Milk

06

LUNCH:
Ropa Vieja on a soft Taco**
Sautee Corn and Tomatoes**
Steam Marinated Broccoli
Orange Natural and Milk

BREAKFAST:
Fresh Bananas and Juice**
Pancakes with Syrup
And Milk

07

LUNCH:
Homemade Macaroni & Cheese
Garlic Bread
Green Beans
Mixed Green Salad with Ranch
Applesauce
Milk

BREAKFAST:
English Muffin
Egg Frittata with Cheese
Peaches And Milk

08

LUNCH:
Fricassee de Pollo con Papas
Brown Rice
Frijoles Colorado with Steam Plantains
Pineapple Chunks
Bread and Milk

BREAKFAST:
Peaches
Cereal and Milk

11

LUNCH:
Empanadas**
Creamy Corn**
Veggie Rice**
Pears
Milk

BREAKFAST:
Cinnamon Apples
Homemade Morning Cookies
And Milk

12

LUNCH:
Spaghetti and Meatballs in House
Garlic Bread
Steamed Carrots
Mixed Green Salad with Ranch
Red Apple and Milk

BREAKFAST:
Fresh Bananas and Juice
Homemade Blueberry Muffin
And Milk

13

LUNCH:
Chicken Quesadilla
Sweet Corn Salad***
Sautee Peas & Carrots**
Peaches
and Milk

BREAKFAST:
Raisin Bread with butter
Mandarin Oranges
And Milk

14

LUNCH:
Picadillo de Carne con Papas
Brown Rice
Garbanzo Beans***
Whole Grain Cuban Roll with Butter
Slushy*** and Milk

BREAKFAST:
Fresh Bananas and Juice
Boiled Egg
English Muffin with Butter
And Milk

15

LUNCH:
Pizza**
Caeser Salad with Ranch
Steam Green Beans and Corn
Pears and Milk

December



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Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST:
Fruit Cocktail
Cereal And Milk

18

LUNCH:
Chicken Patty
Brown Rice
Split Peas Soup/Potage de Chicharos
Corn
Peaches
Milk

BREAKFAST:
Applesauce
Homemade Blueberry Muffin
And Milk

19

LUNCH:
Our famous Meatballs with Marinara
Whole Grain Sub
Steamed Baby Carrots
Mixed Green Salad with Ranch Mandarin
Orange
Milk

BREAKFAST:
English Muffin butter
Pears and Milk

20

LUNCH:
Lasagna in marinara Sauce
Italian White Bean Soup
Cheese Bread
Marinated California Blend Veggies
Pears***
Milk

BREAKFAST:
Bread
Scrambled Egg
Oranges Natural & Milk

21

LUNCH:
Classic Ground Taco Beef
Mexican Corn** and Sheered lettuce
Sheered Cheese
Nacho Chips
Fruit Cocktail and Milk



22

25

26

27

28

29



MERRY Christmas

