



December breakfast



INGLEWOOD ENVIRONMENTAL CHARTER

Monday	Tuesday	Wednesday	Thursday	Friday
November 28, 2016	November 29, 2016	November 30, 2016	December 1, 2016	December 2, 2016
			String Cheese Pumpkin Chocolate Chip Mini Loaf Fresh Fruit Pineapple Tidbits Choice of Milk	RICE KRISPIES Mini Wafer Fresh Fruit Choice of Milk
December 5, 2016	December 6, 2016	December 7, 2016	December 8, 2016	December 9, 2016
CHEERIOS Strawberry Pancake Square Craisins Applesauce Cup Choice of Milk	String Cheese Blueberry Muffin Diced Pears Fresh Fruit Choice of Milk	RICE KRISPIES Graham Crackers Fresh Fruit Choice of Milk	STRAWBERRY YOGURT Chocolate Chip Minis Fresh Fruit Mixed Fruit Cup Choice of Milk	RICE CHEX Cinnamon Sky Minis Fresh Fruit Choice of Milk
December 12, 2016	December 13, 2016	December 14, 2016	December 15, 2016	December 16, 2016
RICE KRISPIES Animal Grahams Craisins Cinnamon Applesauce Choice of Milk	VANILLA YOGURT Peach Mini Loaf Mixed Fruit Cup Diced Peaches Choice of Milk	RICE CHEX Maple Breakfast Square Fresh Fruit Choice of Milk	String Cheese Cinnamon Sky Minis Fresh Fruit Pineapple Tidbits Choice of Milk	CHEERIOS Mini Wafer Fresh Fruit Choice of Milk
December 19, 2016	December 20, 2016	December 21, 2016	December 22, 2016	December 23, 2016
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 26, 2016	December 27, 2016	December 28, 2016	December 29, 2016	December 30, 2016
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.

Help us make your food better!

Give us feedback on Facebook or by emailing info@preferredmeals.com

Nutritional Information: INGLEWOOD ENVIRONMENTAL CHARTER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
12-01-2016	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Pumpkin Chocolate Chip Mini Loaf	172	4	1	0	0	228	33	2	19	2	272	0	39	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-02-2016	RICE KRISPIES	100	0	0	0	0	170	23	1	1	2	200	12	0	8	G/B:1sv WG
	Mini Wafer	140	7	0	0	0	85	19	2	8	1	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-05-2016	CHEERIOS	100	2	0	0	0	140	20	3	1	3	10	6	10	8	G/B:1sv WG
	Strawberry Pancake Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Applesauce Cup	55	0	0	0	0	3	15	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-06-2016	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Blueberry Muffin	172	6	0	0	0	170	29	2	11	3	0	0	31	1	G/B:1sv WG
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-07-2016	RICE KRISPIES	100	0	0	0	0	170	23	1	1	2	200	12	0	8	G/B:1sv WG
	Graham Crackers	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-08-2016	STRAWBERRY YOGURT	80	0	0	0	5	65	16	0	13	4	0	0	150	0	MMA:1oz
	Chocolate Chip Minis	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-09-2016	RICE CHEX	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG
	Cinnamon Sky Minis	120	4	0	0	0	85	21	2	6	2	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
12-12-2016	RICE KRISPIES	100	0	0	0	0	170	23	1	1	2	200	12	0	8	G/B:1sv WG
	Animal Grahams	120	4	0	0	0	115	20	2	6	2	0	0	0	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Cinnamon Applesauce	58	0	0	0	0	3	15	2	13	0	1	1	7	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

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12-27-2016	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-28-2016	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-29-2016	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-30-2016	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other