

DECEMBER MENU

FREE Snacks & Dinner for Members



Monday	Tuesday	Wednesday	Thursday	Friday
1 S: Peach Parfait D: BBQ Meatballs Pineapple, Edamame	2 S: Hummus and Naan D: Dino Nuggets Pears, Grilled Veggies	3 S: Hard Boiled Eggs, Crackers D: Cheeseburgers Peaches, Broccoli	4 S: Bagels, Cream Cheese D: Mac and Cheese Pineapple, Green Beans	5 S: Strawberries, Baby Bel D: Pizza Pears, Corn
8 S: Freeze Dried Strawberries, Yogurt D: BBQ Meatballs Pears, Broccoli	9 S: Hummus and Naan D: Dino Nuggets Pineapple, Corn	10 S: Animal Crackers, Hard Boiled Eggs D: Cheeseburgers Zucchini, Peaches	11 S: Bagels, Cream Cheese D: Mac and Cheese Pears, Green Beans	12 S: Baby Bel, Crackers D: Pizza Edamame, Pineapple
15 S: Peach Parfait D: BBQ Meatballs Pineapple, Edamame	16 S: Hummus and Naan D: Dino Nuggets Pears, Grilled Veggies	17 S: Hard Boiled Eggs, Crackers D: Cheeseburgers Peaches, Broccoli	18 S: Bagels, Cream Cheese D: Mac and Cheese Pineapple, Green Beans	19 S: Strawberries, Baby Bel D: Pizza Pears, Corn
22 B: Continental Breakfast L: Turkey Wraps, Pineapple, Edamame S: Freeze Dried Strawberries, Yogurt D: BBQ Meatballs Pears, Broccoli	23 B: Continental Breakfast L: Grilled Cheese, Tomato Soup, Corn, Peaches S: Hummus and Naan D: Dino Nuggets Pineapple, Corn	24 CLUB CLOSED	25 CLUB CLOSED	26 B: Continental Breakfast L: Spaghetti and Meatballs, Peaches, Green Beans S: Baby Bel, Crackers D: Pizza Edamame, Pineapple
29 B: Continental Breakfast L: Turkey Wraps, Pineapple, Edamame S: Freeze Dried Strawberries, Yogurt D: BBQ Meatballs Pears, Broccoli	30 B: Continental Breakfast L: Grilled Cheese, Tomato Soup, Corn, Peaches S: Hummus and Naan D: Dino Nuggets Pineapple, Corn	31 B: Continental Breakfast L: Turkey Wraps, Pineapple, Zucchini S: Hard Boiled Eggs, Crackers D: Cheeseburgers Peaches, Broccoli	1 CLUB CLOSED	2 B: Continental Breakfast L: Spaghetti and Meatballs, Peaches, Green Beans S: Baby Bel, Crackers D: Pizza Edamame, Pineapple

Snack Provided Every Day: No Sign-Up Required

Allergy-Friendly Options Available: Please Request Ahead of Time

Apples, bananas and clementines available all day/everyday! | This menu is subject to change

Question? Contact: Heidi Freeman, Regional Culinary Operations Manager

Email: hfreeman@greatfuturesd.org

Phone: (605) 692-3333 ext. 119

B: Breakfast S: Snack L: Lunch D: Dinner

DECEMBER MENU

FREE Breakfast, Lunch & Snacks for Members



Monday	Tuesday	Wednesday	Thursday	Friday
1 B: French Toast Stix, Applesauce L: Turkey Wraps, Edamame, Pineapple S: Cinnamon Crisps, Yogurt	2 B: Breakfast Fried Rice L: Dino Nuggets, Grilled Veggies, Pears S: Grahams, Applesauce	3 B: Muffins, Yogurt, Mandarin Oranges L: Spaghetti, Broccoli, Peaches S: Veggie Crisps, Bananas	4 B: Breakfast Pizza, Pears L: Mac & Cheese, Green Beans, Pineapple S: Blueberry Leomon Crisp, Applesauce	5 B: Egg Bites, Apple Slices L: Pizza, Corn, Pears S: Bug Snacks, Yogurt
8 B: French Toast Stix, Applesauce L: Turkey Wraps, Edamame, Pineapple S: Cinnamon Crisps, Yogurt	9 B: Breakfast Fried Rice L: Dino Nuggets, Grilled Veggies, Pears S: Grahams, Applesauce	10 B: Muffins, Yogurt, Mandarin Oranges L: Spaghetti, Broccoli, Peaches S: Veggie Crisps, Bananas	11 B: Breakfast Pizza, Pears L: Mac & Cheese, Green Beans, Pineapple S: Blueberry Leomon Crisp, Applesauce	12 B: Egg Bites, Apple Slices L: Pizza, Corn, Pears S: Bug Snacks, Yogurt
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22 B: French Toast Stix, Applesauce L: Turkey Wraps, Edamame, Pineapple S: Cinnamon Crisps, Yogurt	23 B: Breakfast Fried Rice L: Dino Nuggets, Grilled Veggies, Pears S: Grahams, Applesauce	24 Club Closed	25 Club Closed	26 B: Egg Bites, Apple Slices L: Pizza, Corn, Pears S: Bug Snacks, Yogurt
29 B: French Toast Stix, Applesauce L: Turkey Wraps, Edamame, Pineapple S: Cinnamon Crisps, Yogurt	30 B: Breakfast Fried Rice L: Dino Nuggets, Grilled Veggies, Pears S: Grahams, Applesauce	31 B: Muffins, Yogurt, Mandarin Oranges L: Spaghetti, Broccoli, Peaches S: Veggie Crisps, Bananas	1 Club Closed	2 B: Egg Bites, Apple Slices L: Pizza, Corn, Pears S: Bug Snacks, Yogurt