**December 2022 CACFP Menu**

**Served at:**
- Avondale
- Bancroft
- Casa de Oro
- Highlands
- Kempton
- La Mesa Arts Academy
- La Mesa Dale
- La Presa Elementary
- Rancho
- Spring Valley Academy
- STEAM

**All components offered daily:**
- Milk, Fluid
- Meat / Meat Alternate
- Fruit
- Vegetable
- Grains / Bread

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheeseburger&lt;br&gt; Fresh Apple&lt;br&gt; Carrot Sticks&lt;br&gt; 1% White OR Non-Fat Chocolate Milk</td>
<td>Goldfish Grahams&lt;br&gt; Sunflower Seeds&lt;br&gt; Diced Pears&lt;br&gt; Carrot Sticks&lt;br&gt; 1% White OR Non-Fat Chocolate Milk</td>
<td>Galaxy Cheese Pizza&lt;br&gt; Petite Banana&lt;br&gt; Cucumber Sticks&lt;br&gt; 1% White OR Non-Fat Chocolate Milk</td>
<td>Cool Ranch Doritos&lt;br&gt; Yogurt&lt;br&gt; Dried Cranberries&lt;br&gt; Carrot Sticks&lt;br&gt; 1% White OR Non-Fat Chocolate Milk</td>
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<td>Cheez It’s&lt;br&gt; String Cheese&lt;br&gt; Dried Cranberries&lt;br&gt; Carrot Sticks&lt;br&gt; 1% White OR Non-Fat Chocolate Milk</td>
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<td>Tostitos Scoops&lt;br&gt; Sunflower Seeds&lt;br&gt; Diced Pears&lt;br&gt; Carrot Sticks&lt;br&gt; 1% White OR Non-Fat Chocolate Milk</td>
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<td>Closed</td>
<td>CLOSED</td>
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</tbody>
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*Menu subject to change.*

*This institution is an equal opportunity provider.*