Gomes Brothers 1814 East-West Hwy., Hyattsville, MD 20783

SSPC Children's Center

DECEMBER 2025 LUNCH MENU: 1-2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
Chili Mac		Chicken & bean burrito bowl		BBQ chicken sandwich				Cheese pizza	
Chili w. ground turkey	1oz	Seasoned chicken cubes	.5oz	Pulled BBQ chicken	1oz	Peruvian chicken	1oz	Pizza Cheese	2oz
Whole grain penne	1/8c	Black beans	1oz	Whole grain bun	2oz	Fajita brown rice	2oz	Whole grain dough	2oz
w/ Red Kidney Beans	1/8c	Mexican brown rice	1/4c	Seasoned sliced carrots	1/8c	Spinach	1/8c	Tomato sauce	1/6c
Diced tomato & sauce	1/4c	Whole kernel corn	1/8c					Green beans	1/8c
Green pepper & onion	1/8c								
Fresh orange wedges	1/8c	Banana	1/8c	Watermelon	1/8c	Fresh apple wedges	1/8c	Honeydew melon	1/8c
Whole white milk	4oz	Whole white milk	4oz	Whole white milk	4oz	Whole white milk	4oz	Whole white milk	4oz
	8		9		10		11		12
Macaroni cheese						Ham & cheese sandwich		Cheese pizza	
Cheddar cheese	2oz	Rotisserie chicken	1oz	Baked fish sticks	1oz	Turkey ham	1oz	Pizza Cheese	1.5oz
Whole grain macaroni	1/4c	Steamed broccoli	1/8c	Mashed sweet potato	1/8c	Whole grain sliced bread	1/4c	Whole grain dough	1/4c
Baked veggie beans	1/8c	Whole grain sliced bread	1/2 slice	Brown rice (yellow recipe)	-	Sliced cheddar cheese	.5oz	Tomato sauce	1/6c
100	,		,	w/red kidney beans	.5oz	Coleslaw	1/8c	Sweet corn	1/8c
				, ,			,		,
Fresh orange wedges	1/8c	Banana	1/8c	Watermelon	1/8c	Fresh apple wedges	1/8c	Canteloupe	1/8c
Whole white milk	4oz	Whole white milk	4oz	Whole white milk		Whole white milk	4oz	Whole white milk	4oz
Trible tribe iiiiik	15	Trible trible trib	16	Trible trille illin	17	Trible trille illin	18	Trible trible time	19
Spaghetti meatsauce	13	Sloppy Joe sandwich	10			Cheese pizza	10	Egg salad sandwich	13
Ground turkey	1oz	Ground turkey	1oz	Baked Chicken patty	1oz	Pizza Cheese	2oz	Hard boiled egg	1 oz
Whole grain spaghetti	1/4c	Seasoned sliced carrots	1/8c	Fried brown rice		Whole grain dough	20z	Whole wheat sliced bread	1slice
Tomato sauce	1/4c	Whole grain buns	20z	w/red kidney beans	.5oz	Mashed potato	1/8c	Whole wheat sheed bread	131100
Spinach	1/4c 1/8c	Whole grain buils	202	Savory lentil	1/8c	Tomato sauce	1/6c 1/6c	Three beans salad	1/8c
Эршаси	1/60			Savory lentil	1/60	Tomato sauce	1/00	Tillee bealls salau	1/60
Fresh orange wedges	1/8c	Banana	1/8c	Watermelon	1/8c	Canteloupe	1/8c	Fresh fruit medley	1/8c
Whole white milk	4oz	Whole white milk	4oz	Whole white milk	-	Whole white milk	4oz	Whole white milk	40z
WHOLE WHILE HILK	22	Whole white mik	23	Whole white mik	24	Whole white mik	25	Whole write milk	26
Macaroni cheese	22	Cheese pizza	23		24		25		20
Cheddar cheese	2oz	Pizza Cheese	2oz	WINTER BREAK		WINTER BREAK		WINTER BREAK	
Whole grain macaroni	1/4c	Whole grain dough	202 202	CENTER CLOSED		CENTER CLOSED		CENTER CLOSED	
Collard greens	1/4c 1/8c	Mashed potato	1/8c	CENTER CLOSED		CENTER CLOSED		CENTER CLOSED	
Collard greens	1/60	Tomato sauce							
		Tomato sauce	1/6c						
Fresh orange wedges	1/8c	Cantalauna	1/8c						
Whole white milk	1/8C 40Z	Canteloupe Whole white milk	1/8C 40z						
whole white milk		Whole white milk			24				
	29		30		31				
WINTER BREAK		WINTER BREAK		WINTER BREAK					
CENTER CLOSED		CENTER CLOSED		CENTER CLOSED		HAPPY NEW YEAR!!!			
CENTER CLOSED		CENTER CLOSED		CENTER CLOSED		HAPPT NEW TEAK!!!			
		past 1 Foz agui Brotain 1/4 sun				1 1 1) 5 1000(1		1224	

Portion Control: Daily meals include at least 1.5oz equi. Protein, 1/4 cup of fruit, vegetables, beans or peas and 1 serving (.5oz equivalent) of a 100% whole grain, All juices are 100% juice. Milk Variety: 1-2 year old 4 fluid ouncs whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Unflavored fat-free (skim) fluid milk is offered to each child every day.

Instant Whip Dairy,

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.