

Gomes Brothers

1814 East-West Hwy., Hyattsville, MD 20783

SSPC Children's Center

DECEMBER 2025 LUNCH MENU: 2-5 Vegetarian & Vegan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chili Mac	Bean burrito bowl	BBQ chick'n sandwich		Cheese pizza
Chili w. soy crumbles 1.5oz	Vegan cheese .5oz	Meatless chick'n in BBQ sauce 1.5oz	Meatless chick'n 1.5oz	Pizza Cheese/vegan cheese 2oz
Whole grain penne 1/4c	Black beans 1oz	Whole grain bun 2oz	Fajita brown rice 2oz	Whole grain dough 2oz
w/ Red Kidney Beans 1/4c	Mexican brown rice 1/4c	Seasoned sliced carrots 1/4c	Spinach 1/4c	Tomato sauce 1/6c
Diced tomato & sauce 1/4c	Whole kernel corn 1/4c			Green beans 1/4c
Green pepper & onion 1/8c				
Fresh orange wedges 1/4c	Banana 1/4c	Watermelon 1/4c	Fresh apple wedges 1/4c	Honeydew melon 1/4c
1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz
8	9	10	11	12
Meatless beef crumbles 2oz	Meatless chick'n rotisserie 1.5oz	Meatless ham steak 1oz	Meatless turkey slices 1.5oz	Cheese pizza
Whole grain macaroni 1/4c	Steamed broccoli 1/4c	Mashed sweet potato 1/4c	Whole grain sliced bread 1/4c	Pizza Cheese/vegan cheese 1.5oz
Baked veggie beans 1/4c	Whole grain sliced bread 1/2 slice	Brown rice (yellow recipe) 1/4c		Whole grain dough 1/4c
Tomato sauce 1/4c		w/red kidney beans .5oz	Coleslaw 1/4c	Tomato sauce 1/6c
				Sweet corn 1/4c
Fresh orange wedges 1/4c	Banana 1/4c	Watermelon 1/4c	Fresh apple wedges 1/4c	Cantaloupe 1/4c
1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz
15	16	17	18	19
Spaghetti meatless meatsauce	Sloppy Joe sandwich		Cheese pizza	
Meatless beef crumbles 2oz	Meatless beef crumbles 1.5oz	Meatless chick'n 1oz	Pizza Cheese/vegan cheese 2oz	Meatless ham slices (1.5 oz)
Whole grain spaghetti 1/4c	Seasoned sliced carrots 1/4c	Fried brown rice 1/4c	Whole grain dough 2oz	Whole wheat sliced bread 1slice
Tomato sauce 1/4c	Whole grain buns 2oz	w/red kidney beans .5oz	Mashed potato (1/4 c)	Vegan mayo
Spinach 1/4c		Savory lentil 1/4c	Tomato sauce 1/6c	Three beans salad 1/4c
Fresh orange wedges 1/4c	Banana 1/4c	Watermelon 1/4c	Cantaloupe 1/4c	Fresh fruit medley 1/4c
1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz	1% white milk 6oz
22	23	24	25	26
Meatless beef crumbles 2oz	Cheese pizza			
Whole grain macaroni 1/4c	Pizza Cheese/vegan cheese 1.5oz			
Collard greens 1/4c	Whole grain dough 1/4c	WINTER BREAK CENTER CLOSED	WINTER BREAK CENTER CLOSED	WINTER BREAK CENTER CLOSED
Tomato sauce 1/4c	Tomato sauce 1/6c			
	Sweet corn 1/4c			
Fresh orange wedges 1/4c	Cantaloupe 1/4c			
1% white milk 6oz	1% white milk 6oz			
29	30	31		
WINTER BREAK CENTER CLOSED	WINTER BREAK CENTER CLOSED	WINTER BREAK CENTER CLOSED	HAPPY NEW YEAR!!!	

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 ounces 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 ,

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