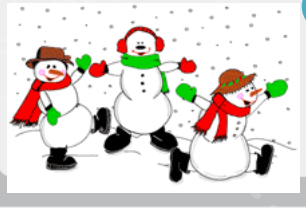
December 2016

Green Local Schools

BREAKFAST

School Information: Join us for breakfast. USDA is an equal opportunity provider and employer.

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pop tart and String Cheese Juice/Fruit Milk	2 Banana Bread Juice/Fruit Milk
5 Pancakes Juice/Fruit Milk	6 Yogurt and Muffin Juice/Fruit Milk	7 Breakfast Pizza Juice/Fruit Milk	8 Banana Bars Juice/Fruit Milk	9 Cinnamon Pretzel Juice/Fruit Milk
12 2 hour delay, no breakfast	13 Cinni Minis Juice/Fruit Milk	14 Waffles Juice/Fruit Milk	15 Yogurt and Cracker Juice/Fruit Milk	16 French Toast Juice/Fruit Milk
19 Pancakes Juice/Fruit Milk	20 Breakfast Pizza Juice/Fruit Milk	21 Cereal and Donut Juice/Fruit Milk	22 	23
26 	27 See you January 3, 2017	28 	29 Yogurt and Cracker Juice/Fruit Milk January 3, 2017	30