



Monday

Tuesday

Wednesday

Thursday

Friday



Remember **Jesus** is the reason for the season!

5
Cereal and Pop-Tart/Nutrigrain Bar
Diced Peaches
Orange or Apple Juice
Milk

6
Blueberry Muffin
Applesauce
Orange or Apple Juice
Milk

7
Pancakes w/ Sausage
Syrup
Banana
Orange or apple juice
Milk

8
Egg and Cheese on English Muffin
Mandarin Oranges
Orange or Apple Juice
Milk

9
Cereal and Pop-Tart/Nutrigrain Bar
Applesauce
Orange or Apple Juice
Milk

12
Cereal and Pop-Tart/Yogurt
Pineapple tidbits
Orange or Apple Juice
Milk

13
Cinnamon roll
Applesauce
Orange or Apple Juice
Milk

14
Pancakes w/ Syrup
Sausage
Oranges
Orange or Apple Juice
Milk

15
Cereal and Pop-Tart/String Cheese
Bananas
Orange or Apple Juice
Milk

16
French Toast Sticks w/ Syrup
Applesauce
Orange or Apple Juice
Milk

19
Blueberry Muffin
Apple Slices
Orange or Apple Juice
Milk

20
Egg and Cheese on English Muffin
Mandarin Oranges
Orange or Apple Juice
Milk

21
Pancakes w/ Sausage
Syrup
Banana
Orange or apple juice
Milk

22
Cereal and Pop-Tart/Nutrigrain Bar
Diced Peaches
Orange or Apple Juice
Milk

23
Break

26
Merry

27
Christmas

28
and

29
Happy

30
New Year!!!!

Choice of Milk:
Fat Free Chocolate
1% White

Build a better breakfast:
Start with 1-2 fruits
Include 1-2 grains
Your meal must include a fruit and 2 components