

- 2023 -

DECEMBER

FRIDAY

1

Cereal with
String Cheese/Pop-Tart
Banana
Juice
Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Sacred Heart School Breakfast

Breakfast is free for everyone!
Please enjoy a delicious and
nutritious breakfast with us!
Milk and juice are \$0.50

Build a better breakfast:
Start with 1-2 fruits
Include 1-2 grains

Your meal must include a fruit
and 2 components.

Choice of Milk:
Fat Free Chocolate
1% White

4

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with Cinnamon
Juice
Milk

5

Blueberry Muffin
Applesauce with Cinnamon
Juice
Milk

6

Pancakes
with Sticky Syrup
Sausage
Banana
Juice
Milk

7

Egg and Cheese
on English Muffin
Mandarin Oranges
Juice
Milk

8

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with Cinnamon
Juice
Milk

11

Cereal
with Yogurt/Pop-Tart
Pineapple Tidbits
Juice
Milk

12

Cinnamon Roll
Applesauce with Cinnamon
Juice
Milk

**Hannah and Nathan's
Breakfast Pick**

13

Pancakes
with Sticky Syrup
Sausage
Orange Slices
Juice
Milk

14

French Toast Sticks
with Syrup
Diced Peaches
Juice
Milk

15

Cereal with
String Cheese/Pop-Tart
Banana
Juice
Milk

18

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with Cinnamon
Juice
Milk

19

Blueberry Muffin
Applesauce with Cinnamon
Juice
Milk

20

Pancakes
with Sticky Syrup
Sausage
Banana
Juice
Milk

21

Egg and Cheese
on English Muffin
Mandarin Oranges
Juice
Milk

22

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with Cinnamon
Juice
Milk

25

MERRY

26

CHRISTMAS

27

AND

28

HAPPY

29

NEW YEAR!

Q: Where do snowmen keep
money?

A: In a snow bank.