



**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.  
**This institution is an equal opportunity provider and employer**

### Monday

- 1) Cinna Mini
- 2) Cereal/Toast  
Fruit

3

### Tuesday

- 1) Sausage Biscuit
- 2) Cereal/Toast  
Fruit

4

### Wednesday

- 1) Pancake Pup
- 2) Cereal/Toast  
Fruit

5

### Thursday

- 1) Scrambled Eggs  
Sausage/Toast
- 2) Cereal/Toast  
Fruit

6

### Friday

- 1) French Toast
- 2) Cereal/Toast  
Fruit

7

- 1) Mini Pancake  
Sausage
- 2) Cereal/Toast  
Fruit

10

- 1) Bacon-Egg-Cheese  
Biscuit
- 2) Cereal/Toast  
Fruit

11

- 1) Breakfast Boat
- 2) Cereal/Toast  
Fruit

12

- 1) Breakfast Bagel
- 2) Cereal/Toast  
Fruit

13

- 1) Grits/Sausage  
Toast
- 2) Cereal/Toast  
Fruit

14

- 1) French Toast
- 2) Cereal/Poptart  
Fruit

17

- 1) Chicken Biscuit
- 2) Cereal/Poptart  
Fruit

18

- Cereal/Poptart
- Fruit

19

MERRY CHRISTMAS

20

MERRY CHRISTMAS

21

24

MERRY CHRISTMAS

25

MERRY CHRISTMAS

26

MERRY CHRISTMAS

27

MERRY CHRISTMAS

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MERRY CHRISTMAS

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HAPPY NEW YEAR

