




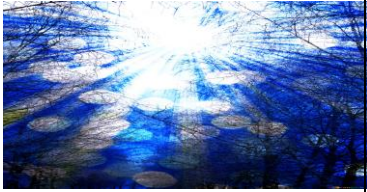


December 2022 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
**Menu are subject to change	**Bread or Cereal is offered daily		1 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice	2 1 cup 1% milk 1- 2 oz. blueberry bagel w/cream cheese 6 oz. peach yogurt ½ cup fruit cocktail 1 cup cranberry juice
5 1 cup 1% milk 1- 2 oz. banana muffins ½ cup peaches ½ cup cottage cheese 1 cup apple juice	6 1 cup 1% milk 2 slices whole wheat toast 1 scrambled egg ½ cup pears 1 cup orange juice	7 1 cup 1% milk 1 ½ cup raisin bran cereal 6 oz. blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	8 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice	9 1 cup 1% milk 1 – 2 oz. blueberry bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail 1 cup cranberry juice
12 1 cup 1% milk 1- 2 oz. banana muffins ½ cup peaches ½ cup cottage cheese 1 cup apple juice	13 1 cup 1% milk 2 slices whole wheat toast 1 scrambled egg ½ cup pears 1 cup orange juice	14 1 cup 1% milk 1 ½ cup raisin bran cereal 6 oz. blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	15 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice	16 1 cup 1% milk 1 – 2 oz. blueberry bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail ½ cup cranberry juice
19 1 cup 1% milk 1-2 oz banana muffins ½ cup peaches ½ cup cottage cheese 1 cup apple juice	20 1 cup 1% milk 2 slices whole wheat toast 1 scramble egg ½ cup pears 1 cup orange juice	21 1 cup 1% milk 1½ cup raisin bran cereal 6 oz. blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	22 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice	23 CHRISTMAS HOLIDAY 
26  CHRISTMAS HOLIDAY	27 1 cup 1% milk 2 slices whole wheat Toast 1 scramble egg ½ cup pears 1 cup orange juice	28 1 cup 1% milk 1 ½ cup raisin bran cereal 6 oz. blueberry yogurt ½ cup apple sauce 1 cup pineapple juice	29 1 cup 1% milk 2 whole wheat pancakes w/syrup 1 boiled egg ½ tropical fruit 1 cup grape juice	30 1 cup 1% milk 1-2 oz. blueberry bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail ½ cup cranberry juice

December 2022 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
** Menu are subject to change	**Substitutes are available special diets		1 1 cup peaches ½ cup cottage cheese	2 1 cup milk 1 nutrigrain bar
5 1 cup 1% milk 1 granola bar	6 1 cup chicken noodle soup 5 ritz crackers	7 1 -6 oz. blueberry strawberry yogurt ½ cup mandarin oranges	8 1 cup peaches ½ cup cottage cheese	9 1 cup milk 1 nutrigrain bar
12 1 cup 1% milk 1 granola bar	13 1 cup chicken noodle soup 5 ritz crackers	14 1- 6 oz. blueberry strawberry yogurt ½ cup mandarin oranges	15 1 cup peaches ½ cup cottage cheese	16 1 cup milk 1 nutrigrain bar
19 1 cup 1% milk 1 granola bar	20 1 cup chicken noodle soup 5 ritz crackers	21 1 – 6 oz. blueberry strawberry yogurt ½ cup mandarin oranges	22 1 cup peaches ½ cup cottage cheese	23 Christmas Holiday 
26 Christmas Holiday 	27 1 cup chicken noodle soup 5 ritz cracker	28 1- 6 oz. blueberry strawberry yogurt ½ cup mandarin oranges	29 1 cup peaches ½ cup cottage cheese	30 1 cup milk 1 nutrigrain bar