





# December 2023 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**Menu are subject to change</b></p>	<p><b>**Bread or Cereal is offered daily</b></p>			<p>1 1 cup 1% milk 1-2 oz. raisin bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail 1 cup cranberry juice</p>
<p>4 1 cup 1% milk 1- 2 oz. cinnamon roll ½ cup peaches ½ cup cottage cheese 1 cup apple juice</p>	<p>5 1 cup 1% milk 2 blueberry muffins 1 scrambled egg ½ cup pears 1 cup orange juice</p>	<p>6 1 cup 1% milk 1 ½ cup raisin bran cereal 6 oz. peach yogurt ½ cup apple sauce 1 cup pineapple juice</p>	<p>7 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice</p>	<p>8 1 cup 1% milk 1 – 2 oz. raisin bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail 1 cup cranberry juice</p>
<p>11 1 cup 1% milk 1- 2 oz. cinnamon roll ½ cup peaches ½ cup cottage cheese 1 cup apple juice</p>	<p>12 1 cup 1% milk 2 blueberry muffins 1 scrambled egg ½ cup pears 1 cup orange juice</p>	<p>13 1 cup 1% milk 1 ½ cup raisin bran cereal 6 oz. peach yogurt ½ cup apple sauce 1 cup pineapple juice</p>	<p>14 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice</p>	<p>15 1 cup 1% milk 1 – 2 oz. raisin bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail ½ cup cranberry juice</p>
<p>18 1 cup 1% milk 1-2 oz cinnamon roll ½ cup peaches ½ cup cottage cheese 1 cup apple juice</p>	<p>19 1 cup 1% milk 2 blueberry muffins 1 scramble egg ½ cup pears 1 cup orange juice</p>	<p>20 1 cup 1% milk 1½ cup raisin bran cereal 6 oz. peach yogurt ½ cup apple sauce 1 cup pineapple juice</p>	<p>21 1 cup 1% milk 2 whole wheat pancakes w/ syrup 1 boiled egg ½ cup tropical fruit 1 cup grape juice</p>	<p>22 1 cup 1% milk 1 – 2 oz. raisin bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail ½ cup cranberry juice</p>
<p>25 ADSC CLOSED</p> 	<p>26 ADSC CLOSED</p> 	<p>27 1 cup 1% milk 1 ½ cup raisin bran cereal 6 oz. peach yogurt ½ cup apple sauce 1 cup pineapple juice</p>	<p>29 1 cup 1% milk 2 whole wheat pancakes w/syrup 1 boiled egg ½ tropical fruit 1 cup grape juice</p>	<p>30 1 cup 1% milk 1-2 oz. raisin bagel w/ cream cheese 6 oz. peach yogurt ½ cup fruit cocktail ½ cup cranberry juice</p>

# December 2023 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu are subject to changed</p> <p>Substitutes are provided for special diets</p>				<p><b>1</b></p> <p>1 cup milk 1 nutrigrain bar</p>
<p><b>4</b></p> <p>1 cup 1% milk 1 granola bar</p>	<p><b>5</b></p> <p>1 cup apple juice 5 Ritz crackers</p>	<p><b>6</b></p> <p>1 -6 oz. strawberry yogurt ½ cup mandarin oranges</p>	<p><b>7</b></p> <p>1 cup peaches ½ cup cottage cheese</p>	<p><b>8</b></p> <p>1 cup milk 1 nutrigrain bar</p>
<p><b>11</b></p> <p>1 cup 1% milk 1 granola bar</p>	<p><b>12</b></p> <p>1 cup apple juice 5 Ritz crackers</p>	<p><b>13</b></p> <p>1- 6 oz. strawberry yogurt ½ cup mandarin oranges</p>	<p><b>14</b></p> <p>1 cup peaches ½ cup cottage cheese</p>	<p><b>15</b></p> <p>1 cup milk 1 nutrigrain bar</p>
<p><b>18</b></p> <p>1 cup 1% milk 1 granola bar</p>	<p><b>19</b></p> <p>1 cup apple juice 5 Ritz crackers</p>	<p><b>20</b></p> <p>1 – 6 oz. blueberry strawberry yogurt ½ cup mandarin oranges</p>	<p><b>21</b></p> <p>1 cup peaches ½ cup cottage cheese</p>	<p><b>22</b></p> <p>1 cup milk 1 nutrigrain bar</p>
<p><b>25</b> ADSC CLOSED</p> 	<p><b>26</b> ADSC CLOSED</p> 	<p><b>27</b></p> <p>1- 6 oz. blueberry Strawberry yogurt ½ cup mandarin oranges</p>	<p><b>28</b></p> <p>1 cup peaches ½ cup cottage cheese</p>	<p><b>29</b></p> <p>1 cup milk 1 nutrigrain bar</p>