



# Breakfast & Snack



# December, 2019



12/2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/3 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/4 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	12/5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	12/6 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
12/9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/10 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	12/11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12/12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/13 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
12/16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	12/19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	12/20 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
12/23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/24 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12/27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
12/30 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/31 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola			

+ Whole grain