



**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.

# BREAKFAST

## MONDAY

Choice of Cereal  
Peanut Butter Crackers  
Yogurt

01

Bagels  
Fruit  
Yogurt

08

Waffles  
Fruit  
Yogurt

15

Christmas Holiday  
No School

22

Christmas Holiday  
No School

29

## TUESDAY

Waffles  
Fruit  
Yogurt

02

Energy Bar  
Fruit  
Yogurt

09

Homemade Muffin  
Fruit  
Yogurt

16

Christmas Holiday  
No School

23

Christmas Holiday  
No School

30

## WEDNESDAY

English Muffin  
with or without Egg & Cheese  
Fruit  
Yogurt

03

French Toast Sticks  
Sausage Links  
Yogurt

10

Choice of Cereal  
Nutrigrain Bar  
Yogurt

17

Christmas Holiday  
No School

24

Christmas Holiday  
No School

31

## THURSDAY

Homemade Muffin  
Fruit  
Yogurt

04

Scrambled Eggs  
Toast  
Yogurt

11

Energy Bar  
Fruit  
Yogurt

18

Christmas Holiday  
No School

25

## FRIDAY

Pancakes  
Sausage Links  
Yogurt

05

Choice of Cereal  
Yogurt

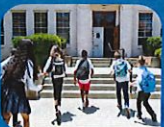
12

Pancakes  
Sausage Links  
Yogurt

19

Christmas Holiday  
No School

26



**School Information:**  
Type your school information here.

# DECEMBER 2025