

December 2023

Breakfast and Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

4 Cereal
Apple Slices
Milk

Mac 'n Cheese
Steamed Green Beans
Pineapple Tidbits
Milk

5 Strawberry Bagels
Applesauce
Milk

Chicken Smackers
Marinara Sauce
Diced Peaches
Milk

6 Confetti Pancakes
Apple Slices
Milk

Cheeseburger
Tater Tots
Applesauce
Milk

7 Chocolate Muffin
Banana
Milk

Cheese Lasagna
Roasted Broccoli
Apple Slices
Milk

8 Cereal
Applesauce
Milk

Cheese Sticks
Marinara Sauce
Pineapple Tidbits
Milk

11 French Toast Sticks
Apple Slices
Milk

Chicken Smackers
Tater Tots
Diced Peaches
Milk

12 Cereal
Applesauce
Milk

Breaded Chicken Drumstick
Steamed Broccoli
Pineapple Tidbits
Milk

13 Confetti Pancake Bites
Orange Slices
Milk

Cheeseburger
Steamed Green Beans
Apple Slices
Milk

14 Oatmeal
Banana
Milk

Mac 'n Cheese
Steamed Mixed Vegetables
Applesauce
Milk

15 Chocolate Muffin
Applesauce
Milk

Cheese Sticks
Marinara Sauce
Banana
Milk

18 French Toast Sticks
Apple Slices
Milk

Grilled Cheese Sandwich
Steamed Carrots
Applesauce
Milk

19 Strawberry Bagels
Applesauce
Milk

Chicken Smackers
Cucumber Slices
Pineapple Tidbits
Milk

20 Oatmeal
Apple Slices
Milk

Cheeseburger
Tater Tots
Diced Peaches
Milk

21 Buttered Toast
Banana
Milk

Chicken Smackers
Cucumber Slices
Pineapple Tidbits
Milk

22
**No School
Winter Break**

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Winter Break

Children can be empowered to make healthy choices. The QR code has materials to support you in helping children develop healthy relationships with food and strategies for making easy, healthy, budget-friendly snacks and meals!

Scan the QR code to watch: "Cookie Monster Learns About Healthy Eating"
<https://sesameworkshop.org/healthy-minds-and-bodies/>

