

December		AM Snack	PM Snack (with Milk)	Fruit/Changes	
		Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
		Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
		Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
		Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
		Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)		
Dec 3	Monday	Pork Sausage, Fruit	Homemade Sesame Noodles & Cucumbers		
Dec 4	Tuesday	Spinach, Mango, Banana, Coconut Milk Smoothie	COOKING PROJECT + Fruit		
Dec 5	Wednesday	Cereal and Milk, Raisins	Veggie Sticks, Hummus, Fruit	Fruit/Changes	
Dec 6	Thursday	Oatmeal, Berries	Triscuits, Snap Peas, Cheese Sticks, Fruit		
Dec 7	Friday	Applesauce, Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas		
		AM Snack	PM Snack (with Milk)		
Dec 10	Monday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit		
Dec 11	Tuesday	Cottage Cheese, Berries	COOKING PROJECT + Fruit		
Dec 12	Wednesday	Cinnamon Raisin Toast, Fruit	Raw Veggies and Hummus	Fruit/Changes	
Dec 13	Thursday	Cereal and Milk, Fruit	Rice Crackers, Mozzarella Sticks, Tomatoes, Fruit		
Dec 14	Friday	Banana, Sunbutter & Oats	Potatoes w/Olive Oil, Salt & Pepper		
		AM Snack	PM Snack (with Milk)		
Dec 17	Monday	Yogurt, Berries & Milk	Cous Cous & Mixed Veggies		
Dec 18	Tuesday	Turkey Bacon, Fruit	COOKING PROJECT + Fruit		
Dec 19	Wednesday	Granola, Yogurt, Berries or Raisins	Fish Sticks, Applesauce, Cucumbers	Fruit/Changes	
Dec 20	Thursday	Wheat Bagels, Sunbutter & Fruit	Seaweed-Rice Crackers, Cheddar, Cucumbers, Fruit		
Dec 21	Friday	Breakfast Bars, Fruit	Mac & Cheese, Broccoli		
		AM Snack	PM Snack (with Milk)		
Dec 24	Monday	Breakfast Bars, Yogurt	Triscuits, Mozzarella Sticks, Fruit		
Dec 25	Tuesday	Toast w/ Jam, Berries	COOKING PROJECT + Fruit		
Dec 26	Wednesday	Cereal and Milk, Raisins	English Muffin Pizza, sauce & cheese	Fruit/Changes	
Dec 27	Thursday	Pancakes, Fruit	Whole Wheat Pasta, Butter, Parmesan Peas		
Dec 28	Friday	Spinach, Mango, Banana, Coconut Milk Smoothie	Veggie Sticks, Hummus, Fruit		
		AM Snack	PM Snack (with Milk)		
Dec 31	Monday	Oatmeal, Berries	Homemade Sesame Noodles & Cucumbers		