

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)	Fruit/Changes	
Dec. 2	Monday	Breakfast Bars & Fruit	Fish Sticks, Applesauce		
Dec. 3	Tuesday	Cereal and Milk	Black Bean, Corn & Cheese Quesadilla & Fruit		
Dec. 4	Wednesday	Mini Waffles, Fruit	Broccoli & Cheddar Wrap & Fruit		
Dec. 5	Thursday	Yogurt, Berries & Milk	COOKING PROJECT + Fruit		
Dec. 6	Friday	Spinach, Mango, Banana, Coconut Milk Smoothie	Banana Slices & Graham Crackers		
		Am Snack	PM Snack (with Milk)	Fruit/Changes	
Dec. 9	Monday	Rice Cakes & Apple Butter	Sweet Potatoes & Fruit		
Dec. 10	Tuesday	Oatmeal, Berries	Cheddar Cheese & Fruit		
Dec. 11	Wednesday	Applesauce, Toast	Veggie Sticks, Hummus, Fruit		
Dec. 12	Thursday	Breakfast Burrito w/ Cheese & Crumbled Sausage, Fruit	COOKING PROJECT + Fruit		
Dec. 13	Friday	French Toast & Fruit	Mac & Cheese, Peas, Fruit		
		AM Snack	PM Snack (with Milk)	Fruit/Changes	
Dec. 16	Monday	English Muffins w/ Cheese & Fruit	Jam/ Jelly Sandwiches, Fruit		
Dec. 17	Tuesday	Sliced Apples & Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas		
Dec. 18	Wednesday	Breakfast Bars & Fruit	Tortilla Chips & Salsa	Fruit/Changes	
Dec. 19	Thursday	Muffins, Sunbutter & Fruit	COOKING PROJECT + Fruit		
Dec. 20	Friday	Cereal and Milk	Fish Sticks, Applesauce		
		AM Snack	PM Snack (with Milk)	Fruit/Changes	
Dec. 23	Monday	Yogurt, Fruit	Carrot & Mozeralla Sticks w/ Ranch Dressing & Fruit		
Dec. 26	Thursday	Applesauce, Toast	COOKING PROJECT + Fruit		
Dec. 27	Friday	Rice Cakes & Apple Butter	Chicken Nuggets, Green Beans, Dried Fruit	Fruit/Changes	
		AM Snack	PM Snack (with Milk)	Fruit/Changes	
Dec. 30	Monday	Mini Pancakes, Berries	Snack Mix & Fruit		
Dec. 31	Tuesday	Berry, Coconut Milk Smoothie	Sweet Potatoes & Fruit		