

December 2021		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 1	Wednesday	Sausage & Fruit	Fish Sticks & Green Beans	
Dec 2	Thursday	Bannanas and Honey	Tortilia Chips & Salsa & Fruit	
Dec. 3	Friday	Breakfast Bars & Fruit	Grilled Cheese Sandwiches & Cooked Broccoli	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Dec 6	Monday	Rice Cakes & Apple Butter	Jam/ Jelly Sandwichess	
Dec7	Tuesday	Yogurt & Fruit	Cooking Project & Fruit	
Dec 8	Wednesday	French Toast & Fruit	Pretzels & Raisins	
Dec 9	Thursday	English Muffins w/ Cheese & Fruit	Mac & Cheese & Peas	
Dec 10	Friday	Mini Pancakes & Fruit	Veggie Sticks & a Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Dec 13	Monday	Cereal and Milk	Goldfish Crackers & Sliced Peppers	
Dec 14	Tuesday	Cinnamon Raisin Toast, Fruit	Cooking Project & Fruit	
Dec15	Wednesday	Yogurt, Fruit	Cheddar Cheese & Raisins	
Dec 16	Thursday	Applesauce, Toast	Goldfish Crackers & Sliced Peppers	
Dec 17	Friday	Cereal & Milk	Jam/ Jelly Sandwichess	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Dec 20	Monday	Mini Waffles & Fruit	Rice crackers & Dried Fruit	
Dec 21	Tuesday	Bananas and Honey	Cooking Project & Fruit	
December	Wednesday	Cereal & Milk	Rice Cakes & Apple Butter	
Dec 23	Thursday	Yogurt & Fruit	Cooked Carrots & Fruit	
Dec 24	Friday	Granola, Berries	Chicken Nuggets & Green Beans	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Dec. 27	Monday	FRIDAY'S CHILD WILL BE CLOSED DECEMBER 27th	AND WILL RE-OPEN ON JANUARY 3RD	