



WG = Whole Grain

MERRY CHRISTMAS ELL-SALINE !



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.

Monday



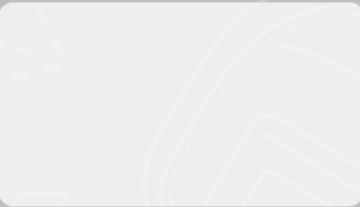
WG Cereal **5**
Yogurt Cup
Fresh Apple
Fruit Juice, Milk Choice

Pancake On A Stick **12**
Fruit Cocktail
Fruit Juice Choice
Milk Choice

WG Waffles & Syrup **19**
Oranges Halves
Fruit Juice Choice
Milk Choice

No School Today **26**
Winter Break! Play catch with a friend.

Tuesday



French Toast Sticks **6**
With Syrup
Fruit Cocktail
Fruit Juice, Milk Choice

WG Cereal **13**
String Cheese, Banana
Fruit Juice Choice
Milk Choice

Breakfast Pizza **20**
Diced Pears
Fruit Juice Choice
Milk Choice

No School Today **27**
Winter Break, Do you have a good book to read??

Wednesday



WG Blue Berry Muffin **7**
Orange Halves
Fruit Juice Choice
Milk Choice

Sausage Sandwich **14**
Apple Halves
Fruit Juice Choice
Milk Choice

Whole Wheat Bagel **21**
Cream Cheese Topping
Apple Sauce
Fruit Juice, Milk Choice

No School Today **28**
It is Winter Break! Play outdoors, Snow??

Thursday

Breakfast Taco **1**
with Tomato Salsa
Apple Sauce
Fruit Juice, Milk Choice

Biscuit & Gravy **8**
Pineapple Tidbits
Fruit Juice Choice
Milk Choice

Whole Grain Muffin **15**
Tropical Fruit
Fruit Juice Choice
Milk Choice

Oatmeal Round **22**
Yogurt Cup
Grapes
Fruit Juice, Milk Choice

No School Today **29**
Stay up late and check out the moon!

Friday

WG Cinnamon Roll **2**
Orange Halves
Fruit Juice Choice
Milk Choice

Breakfast Pizza **9**
Fresh Grapes
Fruit Juice Choice
Milk Choice

WG Biscuit & Jelly **16**
Orange Halves
Fruit Juice Choice
Milk Choice

No School Today **23**
Winter Break-Sleep-in , Pancakes for Breakfast???

No School Today **30**
Winter Break!
The New Year is Coming-2017!!