# December 2019

# Good Morning Ell-Saline!



Have A Happy Day!!



Nutrition Tip: Children who consume yogurt consume at least 12% more bone health promoting nutrients: Calcium, Vitamin D, and Potassium. Reference: NHANES 2013-14

#### Monday

Whole Wheat Bagel Cream Cheese Cup **Diced Peaches** Milk Choice, Juice Choice

#### Tuesday

Whole Grain Cereal Yogurt Cup Fresh Apple Quarters Fruit Juice Choice Milk Choice

### Wednesday

**Biscuit & Gravy Pineapple Chunks** Fruit Juice Choice Milk Choice

# Thursday

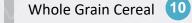
French Toast Sticks Syrup Cup, Fresh Apple Fruit Juice Choice Milk Choice

# Friday

Breakfast Pizza **Orange Halves** Fruit Juice Choice Milk Choice



Pancake on a Stick Syrup Cup Fruit Juice, Milk Choice



String Cheese **Orange Halves** 

Fruit Juice, Milk Choice



Bagel w/Cream Cheese Elementary- Egg Taco with Salsa

11) Whole Grain Cereal Sting Cheese Stick

**Apple Halves** Fruit Juice, Milk Choice

Whole Grain Muffin **Tropical Fruit** 

Fruit Juice Choice Milk Choice

Breakfast Pizza **Apple Halves** Fruit Juice Choice Milk Choice

16 Whole Grain Cereal 17

**Yogurt Cup** Banana

Fruit Juice, Milk Choice

French Toast Sticks Syrup Cup **Diced Peaches** 

Juice Choice, Milk Choice

Whole Grain Cinnamon Roll Sausage Biscuit

**Orange Halves** Fruit Juice Choice Fruit Cocktail

Fruit Juice, Milk Choice

Winter Break

23

30

Winter Break

24 **Merry Christmas**  25

18

Winter Break

Milk Choice

26

12

Winter Break

27

20

13

Winter Break



Winter Break

New Year's Eve

31

Happy New Year! 2020!

Winter Break

