

December 2019

Good Morning Ell-Saline!

BREAKFAST

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 **2**
Cream Cheese Cup
Diced Peaches
Milk Choice, Juice Choice

9
Pancake on a Stick
Syrup Cup
Fruit Juice, Milk Choice

16
Breakfast Pizza
Apple Halves
Fruit Juice Choice
Milk Choice

Winter Break **23**

Winter Break **30**



Tuesday

Whole Grain Cereal **3**
Yogurt Cup
Fresh Apple Quarters
Fruit Juice Choice
Milk Choice

10
Whole Grain Cereal
String Cheese
Orange Halves
Fruit Juice, Milk Choice

17
Whole Grain Cereal
Yogurt Cup
Banana
Fruit Juice, Milk Choice

Winter Break **24**

Winter Break **31**

New Year's Eve

Wednesday

Biscuit & Gravy **4**
Pineapple Chunks
Fruit Juice Choice
Milk Choice

11
MS/HS-
Bagel w/Cream Cheese
Elementary- Egg Taco
with Salsa

18
French Toast Sticks
Syrup Cup
Diced Peaches
Juice Choice, Milk Choice

Merry Christmas **25**

Happy New Year! 2020!

Thursday

French Toast Sticks **5**
Syrup Cup, Fresh Apple
Fruit Juice Choice
Milk Choice

12
Whole Grain Cereal
String Cheese Stick
Apple Halves
Fruit Juice, Milk Choice

Whole Grain Cinnamon Roll
Orange Halves
Fruit Juice Choice
Milk Choice

Winter Break **26**

Winter Break

Friday

Breakfast Pizza **6**
Orange Halves
Fruit Juice Choice
Milk Choice

13
Whole Grain Muffin
Tropical Fruit
Fruit Juice Choice
Milk Choice

20
Sausage Biscuit
Fruit Cocktail
Fruit Juice, Milk Choice

Winter Break **27**

Winter Break



Winter Break