



December 2022



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
11/28/2022	11/29/2022	11/30/2022	12/1/2022 Breakfast Kit English Muffin 1oz Hard boil egg 1oz Banana 1/2c Rasins 1/2c	12/2/2022 Blueberry Muffin Top 2oz Pear- 1/2 c Applesauce Cup- 1/2 c
12/5/2022 Cereal Honey Bunches of Oat 1oz Hard boil egg 1oz Fresh orange 1/2c Apple Cherry juice 1/2c	12/6/2022 Yogurt Parfait Granola 1oz Yogurt 1oz Fresh apple 1/2c Craisins 1/2c	12/7/2022 WG Granola Bar WG Blueberry Oatmeal bar 1oz Sunflower seeds 1oz Fresh orange 1/2c Pineapple Cup- 1/2 c	12/8/2022 Breakfast Kit Graham Crackers 1oz WowButter 1oz Banana 1/2c Rasins 1/2c	12/9/2022 WG Cinnamon Loaf WG Cinnamon Loaf 2oz Pear- 1/2 c Applesauce Cup- 1/2 c
12/12/2022 Cereal Cheerios 1oz Hard boil egg 1oz Fresh orange 1/2c Apple Cherry juice 1/2c	12/13/2022 Yogurt Parfait Granola 1oz Yogurt 1oz Fresh apple 1/2c Craisins 1/2c	12/14/2022 WG Granola Bar WG Apple Oatmeal bar 1oz Sunflower seeds 1oz Fresh orange 1/2c Pineapple Cup- 1/2 c	12/15/2022 Breakfast Kit English Muffin 1oz Hard boil egg 1oz Banana 1/2c Rasins 1/2c	12/16/2022 Blueberry Muffin Top 2oz Pear- 1/2 c Applesauce Cup- 1/2 c
12/19/2022 Cereal Cinnamon Chex 1oz Hard boil egg 1oz Fresh orange 1/2c Apple Cherry juice 1/2c	12/20/2022 Yogurt Parfait Granola 1oz Yogurt 1oz Fresh apple 1/2c Craisins 1/2c	12/21/2022 WG Granola Bar WG Blueberry Oatmeal bar 1oz Sunflower seeds 1oz Banana 1/2c Pineapple Cup- 1/2 c	12/22/2022 Breakfast Kit Graham Crackers 1oz WowButter 1oz Pear 1/2c Rasins 1/2c	12/23/2022
12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022