





Breakfast December 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
|  |  |  |  | 1 |
| | | | | Blueberry Bread 2oz Pear 1/2c Apple 1/2c |
| 4 | 5 | 6 | 7 | 8 |
| Frosted Flakes Cereal 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c | WG Bagel 2oz Cream Cheese Cup 1oz Orange 1/2c Crasins 1/2c | Flavored Oatmeal Round 2oz Applesauce 1/2c Banana 1/2c | Vanilla Yogurt Parfait 3oz Orange Juice 1/2c Apple 1/2c | Blueberry Bread 2oz Pear 1/2c Applesauce 1/2c |
| 11 | 12 | 13 | 14 | 15 |
| Honey Cherrios 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c | WG Blueberry Bagel 2oz Cream Cheese Cup 1oz Orange 1/2c Crasins 1/2c | Donut Cake 1. oz Sunflower Seeds 1oz Applesauce 1/2c Banana 1/2c | Cherry Vanilla Yogurt Parfait 3oz Orange Juice 1/2c Apple 1/2c | Banana Muffin 1oz Hard Boiled Egg 1oz Pear 1/2c Applesauce 1/2c |
| 18 | 19 | 20 | 21 | 22 |
| Cheerios 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c | WG Bagel 2oz Orange 1/2c Craisins 1/2c | Flavored Oatmeal Round 2oz Applesauce 1/2c Banana 1/2c | Vanilla Yogurt Parfait 2oz Orange Juice 1/2c Apple 1/2c | Blueberry Bread 2oz Pear 1/2c Apple 1/2c |

NOTICE: The data contained within this report and the Mosaic Back of the Housefi Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

* All Grain/Bread items served are Whole Grain Rich.

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