

DECEMBER 2024

BREAKFAST



Daily Breakfast Offerings: Cereal Variety, Assorted Breakfast Bread, Assorted Yogurts, Bagels and Cream Cheese, Fresh Fruit and Milk Variety



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 Apple Glazed Doughnut Holes

2

Whole Apples

TUESDAY

Beef Sausage Pancake Sandwich

3

Bananas

WEDNESDAY

Turkey Sausage Patty, Scrambled Eggs & WG Biscuit
Whole Pears

4

THURSDAY

WG Blueberry Pancakes

5

Apple Slices

FRIDAY

WG French Toast Sticks & Turkey Bacon

6

Fruit Variety

WG Breakfast Bun

9

Whole Apples

Turkey Ham & Cheese on WG Croissant

10

Bananas

WG Blueberry Waffles

11

Whole Pears

Jimmy Dean Breakfast Sticks

12

Apple Slices

WG Confetti Pancakes

13

Fruit Variety

WG Dutch Waffle

16

Whole Apples

WG Cinnamon Toast Crunch Bar

17

Bananas

Turkey Bacon, Scrambled Eggs & WG Biscuit

18

Whole Pears

Turkey Sausage & Egg White on WG English Muffin
Apple Slices

19

WG Triple Berry Blast French Toast

20

Fruit Variety

Winter Break
Happy Holidays!

23

Winter Break
Happy Holidays!

24

Winter Break
Happy Holidays!

25

Winter Break
Happy Holidays!

26

Winter Break
Happy Holidays!

27

Winter Break
Happy Holidays!

30

Winter Break
Happy Holidays!

31

