

December 2018

ARCHBISHOP WALSH / STCS

BREAKFAST



BREAKFAST IS SERVED FROM 7:25 – 7:55 AM. WE OFFER 1% MILK, LOW FAT CHOCOLATE MILK, FRESH FRUIT OR ORANGE JUICE.



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

BAGEL W / CREAM CHEESE OR JELLY
FRUIT

3

Tuesday

ASSORTED MUFFINS
FRUIT

4

Wednesday

ASSORTED DONUTS
FRUIT

5

Thursday

BUTTERMILK BISCUIT
W / HONEY OR JELLY
FRUIT

6

Friday

ASSORTED CEREAL
FRUIT

7

FRENCH TOAST STICKS
SAUSAGE PATTY

10

BAGEL W / CREAM CHEESE OR JELLY

11

ASSORTED MUFFINS
FRUIT

12

SCAMBLED EGGS
WW TOAST
FRUIT

13

ASSORTED CEREAL
FRUIT

14

ASSORTED MUFFINS
FRUIT

17

BAGEL W / CREAM CHEESE OR JELLY
FRUIT

18

ASSORTED DONUTS
FRUIT

19

FRENCH TOAST STICKS
SAUSAGE PATTY
FRUIT

20

ASSORTED CEREAL
FRUIT

21

NO SCHOOL

24

CHRISTMAS BREAK

25

MERRY CHRISTMAS

26

TO YOUR FAMILIES

27

NO SCHOOL

28

NO SCHOOL

31

