



December 2020: Breakfast



NURTITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			02 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	03 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	04 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	21 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	08 French Toast Fruit 1% Milk LF Chocolate Milk	09 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	10 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	11 Pancakes W/Syrup Fruit 1% Milk	
	14 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	15 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk	16 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	17 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	18 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	21 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	22 French Toast Fruit 1% Milk LF Chocolate Milk				