



Merry Christmas

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AM: WG Cheerios, milk PM: yogurt smoothie, banana, water	2
3	4 AM: WG Strawberry Cream Mini Spooners, milk PM: apples, milk	5 AM: French toast, sausage, milk PM: carrots, celery, ranch, water	6 AM: biscuit, cheese, milk PM: applesauce, Craisins, water	7 AM: WG fig bars, milk PM: crackers, string cheese, water	8 AM: WG Belvita Biscuit, raisins, milk PM: trail mix, milk	9
10	11 AM: WG Berry Berry Kix, milk PM: yogurt, granola, milk	12 AM: sausage biscuit, milk PM: Cheese Its, raisins, milk	13 AM: WG Dora the Explorer cereal, milk PM: rice crisps, string cheese, water	14 AM: oatmeal, raisins, milk PM: fruit leather, pretzels, water	15 AM: pancake, berries, milk PM: apples, Goldfish, water	16
17	18 AM: WG Corn Chex, milk PM: celery, Wow Butter, raisins, water	19 AM: cinnamon bread, apple butter, milk PM: cucumbers, ranch, milk	20 AM: biscuit, baked cinnamon apples, milk PM: WG Gingerbread Belvita Biscuit, Craisins, water	21 AM: English muffin, jelly, milk PM: veggie crisps, string cheese, water	22 AM: snowman pancakes, bacon, milk PM: reindeer celery, WOW butter, milk	23
24	25 Merry Christmas!	26 ECC Closed	27 AM: waffle, bacon, milk PM: Goldfish, raisins, water	28 AM: bagel, cream cheese, milk PM: apple sauce, pretzels, water	29 AM: WG Cheerios, milk PM: yogurt smoothie, banana, water	30 • WG = whole grain