










JUST FOR KIDS - BREAKFAST AND SNACK MENU

Dec 9-13	
MONDAY	
	
Breakfast	Snack
Milk (8 oz), English Muffin (1/2), Margarine (1 Tbls), Applesauce (1)	Carrots (1/4 c), Broccoli (1/4 c), Ritz (8), Hummus (2 Tbls)
	
TUESDAY	
Breakfast	Snack
Milk (8 oz), Cheerios (3/4 c), Banana (1/2)	Baby Bell Cheese (1), Wheat Thins (1/2 c)
	
WEDNESDAY	
Breakfast	Snack
Milk (8 oz), Yogurt (1), Blueberries (1/2 c), Granola (1/4 c)	Banana Split: Banana (1/2), Yogurt (1), Cinnamon (1/3 Tsp), Special K with Berries (1/2 c)
	
THURSDAY	
Breakfast	Snack
Milk (8 oz), English Muffin (1/2), Honey (1 Tbls), Banana (1/2)	Ritz Crackers (8), Turkey (1 slice), Cheese (1 slice)
FRIDAY	
Breakfast	Snack
Milk (8 oz), Cheerios (3/4 c), Peaches (1)	Trail Mix: Cheerios (1/2 c), Popcorn (1/2 c), Raisins (1/4 c), Chocolate Chips (1 Tbls), Milk (1)

Dec 16-20	
MONDAY	
Breakfast	Snack
Milk (8 oz), Cheerios (3/4 c), Pears (1/2 c)	Tortilla (1), Cream Cheese (1), Cinnamon (1/8 Tsp), Applesauce (1)
	
TUESDAY	
Breakfast	Snack
Milk (8 oz), Nutrigrain Bar (1), Applesauce (1)	English Muffin (1/2), Spaghetti Sauce (1 Tbls), Shredded Cheese (1 oz)
	
WEDNESDAY	
Breakfast	Snack
Milk (8 oz), English Muffin (1/2), Sausage Patty (1), Juice Box (1)	Berry Blast: Yogurt (1), Berry Blend (1/2 c), Special K with Berries (1/2 c)
	
THURSDAY	
Breakfast	Snack
Milk (8 oz), Cheerios (3/4 c), Peaches (1)	Mandarin Oranges (1/2 c), Animal Crackers (1/2 c)
FRIDAY	
Breakfast	Snack
Milk (8 oz), Waffle (1), Whipped Cream (1 Tbls), Applesauce (1)	Tortilla Chips, Shredded Cheese (1 oz), Refried Beans (1/4 c), Salsa (1 Tbls)
	

Dec 23, Jan 2 & 3	
MONDAY (12/23)	
Breakfast	Snack
Milk (8 oz), Cheerios (3/4 c), Mandarin oranges (1/2c)	Mandarin Oranges (1/2 c), Animal Crackers (1/2 c)
THURSDAY (1/2)	
Breakfast	Snack
Milk (8 oz), Cheerios (3/4 c), Peaches (1)	Trail Mix: Cheerios (1/2 c), Popcorn (1/2 c), Raisins (1/4 c), Chocolate Chips (1 Tbls), Milk (1)
	
FRIDAY (1/3)	
Breakfast	Snack
Milk (8 oz), English Muffin (1/2), Margarine (1 Tbls), Applesauce (1)	Ritz Crackers (8), Turkey (1 slice), Cheese (1 slice)