




## Breakfast & Snack - December, 2018

<p>12/3 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>12/4 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>12/5 +Cheerios Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>12/6 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>12/7 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>12/10 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>12/11 Cinnamon bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Peach yogurt</p>	<p>12/12 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>12/13 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>12/14 +Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Whole wheat pita bread Cucumber slices</p>
<p>12/17 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>12/18 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>12/19 +Cheerios Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>12/20 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>12/21 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>12/24 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>12/25 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****</p>	<p>12/26 Cinnamon bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Peach yogurt</p>	<p>12/27 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>12/28 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>
<p>12/31 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>	

+ Whole grain



## Breakfast & Snack - January, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****</p>	<p>1/2 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>1/3 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>1/4 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p>1/7 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>1/8 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>1/9 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>1/10 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>1/11 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices</p>
<p>1/14 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>1/15 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>1/16 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>1/17 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>1/18 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>1/21 ***** CLOSED FOR MARTIN LUTHER KING JR DAY *****</p>	<p>1/22 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>1/23 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>1/24 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>1/25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>
<p>1/28 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>1/29 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>1/30 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>1/31 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	

+ Whole grain