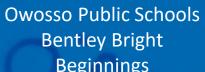


Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WG Blueberry Muffin Fresh Apple Slices Milk

01

WG Waffle Fresh Pear Milk

02

WG Banana Bread Diced Peaches Milk

03

WG Kix Fresh Banana Milk

04

Raspberry Yogurt Pineapple Cup Milk

05

WG Bagel w/ Cream Cheese Diced Pears Milk

08

Strawberry Banana Yogurt Fresh Strawberries Milk

09

WG Cinnamon Chex Clementine Milk

10

WG Pumpkin Bread Diced Peaches Milk

4

WG Blueberry Muffin Fresh Apple Slices Milk

12

WG Kix Fresh Pear Milk

15

WG Banana Bread Diced Peaches Milk

16

WG Blueberry Muffin Fresh Apple Slices Milk

17

WG English Muffin w/ Sun Butter Applesauce

18

Raspberry Yogurt Pineapple Cup Milk

19

HOLIDAY BREAK

HOLIDAY BREAK

HOLIDAY BREAK

24

HOLIDAY BREAK

HOLIDAY BREAK

26

HOLIDAY BREAK

30

HOLIDAY BREAK

HOLIDAY BREAK

31



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DECEMBER 2025



December is National Pear Month. Pears are a top fruit source of fiber, especially when the skin is included. They also provide vitamin C and potassium. Add chopped pears to salads, parfaits, or baked goods like muffins

Fresh Daily Salads w/Goldfish Crackers Monday—Peanut Butter & Jelly Tuesday –Ham Sub Sandwich Wednesday – Peanut Butter & Jelly Thursday –Turkey Sub Sandwich Friday-Grilled Cheese Sandwich



MONDAY

WG Mini Cheese Pizza Bagels Steamed Green Beans Fresh Orange Wedges Milk

WG Grilled Cheese

Baked Tator Tots

Mixed Fruit Cup

Milk

TUESDAY

WG Breaded Chicken
Nuggets w/ WG Crackers
Baked Beans
Watermelon Cup
Milk

WG Soft Taco w/ Shredded

Cheese & Chopped Romaine

WEDNESDAY

Cheeseburger on WG Bun Seasoned Potato Wedges Berry Cup Milk

THURSDAY

WG Cheesy Alfredo WG Garlic Toast Steamed Carrot Coins Fresh Apple Milk

FRIDAY

Turkey Ham & Croissant Fresh Celery Sticks Mandarin Orange Cup Milk

Refried Beans

Fresh Apple Slices Milk WG Chicken Nuggets WG Crackers Fresh Broccoli Fresh Banana WG Cheese Pizza Fresh Baby Carrots Fresh Orange Wedges Milk WG Mini Cheese Ravioli Chopped Romaine Applesauce Milk

WG Pizza Crunchers
Fresh Cucumber Coins
Diced Peaches
Milk

WG Chicken & Cheese Quesadillas w/ Black Beans Applesauce Milk Meatloaf Mashed Potatoes, Corn WG Mini Biscuit Fresh Pear , Milk WG Cheese Pizza Fresh Baby Carrots Fresh Banana Milk Turkey Ham & Cheese
Croissant
Fresh Celery Sticks
Mandarin Orange Cup
Milk

No School HOILDAY BREAK

22

No School HOILDAY BREAK

No School HOILDAY BREAK

Milk

No School HOILDAY BREAK No School HOILDAY BREAK

BREAK

No School HOILDAY BREAK

29

No School HOILDAY BREAK

30

No School HOILDAY BREAK

3







Owosso Public Schools Bentley Bright Beginnings

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DECEMBER 2025