

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.

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pancake on a Stick Fruit Milk 01	**BRk Pizza** **Fruit** **Milk** 02	Cini Mini Fruit Milk 03	Ham,Egg Cheese Bar Fruit Milk 04
Bagel W/ Cream Cheese Fruit Milk 07	Pancake on a Stick Fruit Milk 08	Brk Pizza Fruit Milk 09	Cini Mini Fruit Milk 10	Ham, Egg, Cheese Bar Fruit Milk 11
Bagel W/ Cream Cheese Fruit Milk 14	Pancake on a Stick Fruit Milk 15	Brk Pizza Fruit Milk 16	Cini Mini Fruit Milk 17	Ham, Egg, Cheese Bar Fruit Milk 18
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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

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Chimichanga Fruit Veggie Milk 01	**Orange Chicken W/ Rice** **Fruit/Veggie** **Milk** 02	Cheeseburgers Fruit Veggie Milk 03	Pizza Fruit Veggie Milk 04
Mini Corn Dogs Fruit Veggie Milk 07	Bean & Cheese Burrito Fruit Veggie Milk 08	Chili W/ Crackers Fruit Veggie Milk 09	Chicken Burger Fruit Veggie Milk 10	Pizza Fruit Veggie Milk 11
Winter Shaped Nuggets Fruit Veggie Milk 14	Chicken Quesadilla Fruit Veggie Milk 15	Teriyaki Chicken & Rice Fruit Veggie Milk 16	Bbq Pork Sandwich Fruit Veggie Milk 17	Pizza Fruit Veggie Milk 18
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Type your text here 28	Type your text here 29	Type your text here 30	Type your text here 31	



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