



DECEMBER



	Monday	Tuesday	Wednesday	Thursday	Friday
3	Morning Oatmeal Blueberries Afternoon Whole Grain Tortilla Sun Butter & Banana	4 Morning Yogurt, Granola & Mango Afternoon Whole Grain Tortilla Refried Beans	5 Morning Oatmeal Strawberries Afternoon Apples, Sun Butter & Wheat Crackers	6 Morning Hummus Carrots Afternoon Wheat Crackers Avocado	7 Morning Multigrain Bread Sun Butter & Banana Afternoon Hummus Carrots
10	Morning Oatmeal Blueberries Afternoon Wheat Crackers Avocado	11 Morning Whole Grain Tortilla Sun Butter & Banana Afternoon Hummus Carrots	12 Morning Multigrain Bread Avocado Afternoon Whole Grain Tortilla Refried Beans	13 Morning Oatmeal Blueberries Afternoon Yogurt, Granola & Strawberries	14 Morning Apples Mozzarella Cheese Afternoon Whole Grain Tortilla Avocado
17	Morning Yogurt, Granola & Mango Afternoon Hummus Carrots	18 Morning Oatmeal Strawberries Afternoon Whole Grain Tortilla Refried Beans	19 Morning Oatmeal Blueberries Afternoon Wheat Crackers Mozzarella Cheese	20 Morning Apples, Sun Butter & Wheat Crackers Afternoon Whole Grain Tortilla Avocado	21 Closed Winter Break

Water is available to students at all times.

Snack menu is subject to change based on availability.

Serving Sizes

Oatmeal	1/2 c.
Wheat Crackers	6
Multigrain Bread	1/2 Slice
Whole Grain Tortilla	1
Yogurt	1/2 c.
Cheese	1
Bananas	1/2 c.
Strawberries	1/2 c.
Blueberries	1/2 c.
Mango	1/2 c.
Cauliflower	1/2 c.
Broccoli	1/2 c.
Apple Slices	3
Avocado	1/2 c.
Cucumber	1/2 c
Granola	1/4 c
Hummus	1/4 c.
Refried Beans	1/4 c.
Sun Butter	1 tbsp

WINTER BREAK

