

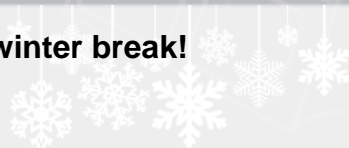
December 2017

Four Rivers Charter School

BREAKFAST



Have a great winter break!



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



Assorted Cereal
Blueberry Bread
Fresh Fruit
Milk
Chilled Juice **4**

Assorted Cereal
French Toast Sticks
Fresh Fruit
Milk
Chilled Juice **5**

Assorted Cereal
Bagel w/ Sun Butter
Fresh Fruit
Milk
Chilled Juice **6**

Assorted Cereal
WG Blueberry Muffin
Fresh Fruit
Milk
Chilled Juice **7**

Assorted Cereal
WG Choc Chip Muffin
Fresh Fruit
Milk
Chilled Juice **1**

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice **8**

Assorted Cereal
Strawberry Delight Bar
Fresh Fruit
Chilled Juice
Milk **11**

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice **12**

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice **13**

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice **14**

Assorted Cereal
WG Choc Chip Muffin
Fresh Fruit
Milk
Chilled Juice **15**

Assorted Cereal
Zucchini Spice Bread
Fresh Fruit
Milk
Chilled Juice **18**

Assorted Cereal
Bagel w/ Cream Cheese
Fresh Fruit
Milk
Chilled Juice **19**

Assorted Cereal
Apple Delight Bar
Fresh Fruit
Chilled Juice
Milk **20**

Assorted Cereal
Mini Blueberry Pancakes
Fresh Fruit
Chilled Juice
Milk **21**

No School **22**

No School **25**

No School **26**

No School **27**

No School **28**

No School **29**