

Nativity of Mary School December 2021 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A reimbursable meal consists of a fruit/juice and two other items.</p> <p>Students may take up to 1 cup of fruit: Fresh, prepared or juice.</p>		<p style="text-align: right;">1</p> <p style="text-align: center;">Cocoa Puffs Cereal with Graham Crackers</p> <p style="text-align: center;">Fresh Apple Milk</p>	<p style="text-align: right;">2</p> <p style="text-align: center;">Banana Chocolate Chunk Breakfast Bar</p> <p style="text-align: center;">Applesauce Cup Orange Juice Milk</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Strawberry Pop Tart Goldfish Grahams</p> <p style="text-align: center;">Fresh Fruit Milk</p>
<p style="text-align: right;">6</p> <p style="text-align: center;">Double Chocolate Chip Muffin Goldfish Grahams</p> <p style="text-align: center;">Raisins Apple Juice Milk</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">Strawberry Mini Bagels</p> <p style="text-align: center;">Petite Banana Grape Juice Milk</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">Super Donut</p> <p style="text-align: center;">Fresh Apple Milk</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">Mini Cinni Roll</p> <p style="text-align: center;">Applesauce Cup Orange Juice Milk</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">No School</p>
<p style="text-align: right;">13</p> <p style="text-align: center;">Blueberry Muffin Goldfish Grahams</p> <p style="text-align: center;">Raisins Apple Juice Milk</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Banana Breakfast Bar</p> <p style="text-align: center;">Petite Banana Grape Juice Milk</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Cocoa Puff Breakfast Bar w/Graham Crackers</p> <p style="text-align: center;">Fresh Apple Milk</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">Cinnamon Poptart Graham Crackers</p> <p style="text-align: center;">Applesauce Cup Orange Juice Milk</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Chocolate Filled Crescent Roll</p> <p style="text-align: center;">Fresh Fruit Milk</p>
<p style="text-align: center;">Assorted Cereal Goldfish Grahams</p> <p style="text-align: center;">Raisins Apple Juice Milk</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Cinnamon Mini Bagels</p> <p style="text-align: center;">Petite Banana Grape Juice Milk</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Oatmeal Chocolate Chip Benefit Bar</p> <p style="text-align: center;">Fresh Apple Milk</p> <p style="text-align: center; color: green;">Early Dismissal</p>	<p style="text-align: right;">23</p> <div style="border: 2px solid green; padding: 10px; display: inline-block;"> </div> <p style="text-align: right;">24</p>	

School Resumes January 3, 2022



A complete Breakfast is served at all schools.

Choice of Milk Available with Breakfast:

- Low-Fat White, Fat Free White,
- Fat Free Chocolate



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

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