

DECEMBER 2021

Vinalhaven

BREAKFAST



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



Cereal Bars 1

Breakfast Pizza 2

Cereal 3

Cereal 6

Pancakes 7

WG Bagels 8

Yogurt Meal 9

Cereal 10

Cereal 13

Muffins 14

Yogurt Parfait 15

French Toast 16

Cereal 17

Chef's Choice 20

Chef's Choice 21

Chef's Choice 22

23

24

Early Release at 11:30

NO SCHOOL

NO SCHOOL

27

28

29

30

31

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL