

# December 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Goldfish Crackers + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Corn Chips w/ Salsa + 1/2 Cup Veggies	AM: 1 Hashbrown + 1/2 Cup Fruit PM: 1/2 Cup Fried Rice + 1/2 Cup Veggies	AM: 1 Package Animal Crackers + 1/2 Cup Fruit PM: 1/2 Cup Yogurt + 1/2 Cup Fruit	AM: 1/2 Cup Fruit + 1/2 Cup Milk PM: 1/2 Cup Soup + 1/2 Cup Fruit
10 AM: 1 Slice Toast + 1/2 Cup Fruit PM: 4 Wheat Crackers + 1 Cheesestick	11 AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Fruit 1/2 Cup Popcorn	12 AM: 1 Hashbrown + 1/2 Cup Fruit PM: 1 Cup Coco + 1 Cinnamon Roll+ 1/2 Cup Fruit	13 AM: 1 Package Animal Crackers + 1/2 Cup Fruit PM: 1 Cream Cheese Jam Roll + 1/2 Cup Fruit	14 AM: 1/2 Cup Cereal w/ Milk PM: 1 Bagel w/ Cream Cheese + 1/2 Cup Fruit
17 AM: 1/2 Cup Fruit + 1/2 Cup Cereal w/ Milk PM: 1/2 Pasta + 1/2 Cup Veggies	18 AM: 1 Waffle w/ Syrup + 1/2 Cup Fruit PM: 1 Slice Pita Bread + 1 tablespoon Hummus	19 AM: 1 Cinnomen Roll + 1/2 Cup Milk PM: 1/2 Cup Goldfish Crackers + 1/2 Cup Veggies	20 AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1 Biscuit w/ Jam + 1/2 Cup Fruit	21 AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Meridian Mix + 1/2 Cup Veggies
24 Extended Day Closed	25 Extended Day Closed	26 AM: 1/2 Cup Cereal + 1/2 Cup Milk PM: 1/2 Cup Chips w/ Salsa + 1/2 Cup Fruit	27 AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Fruit 1/2 Cup Popcorn	28 AM: 1 Hashbrown + 1/2 Cup Fruit PM: 1 Slice Quesadilla + 1/2 Cup Veggies
31 Extended Day Closed	1 Extended Day Closed	2 AM: 1 Sice Toast + 1/2 Cup Fruit PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	3 AM: 1 Cup Cereal Meridian Mix + 1/2 Cup Milk PM: 1 Waffle w/ Jam + 1/2 Cup Fruit	4 AM: 1 Hashbrown + 1/2 Cup Fruit PM: 1/2 Cup Fried Rice + 1/2 Cup Veggies
<p>NOTES: *Special diet snack available upon request.</p>				



Daily snack is served with water unless noted otherwise.

If your student would like to eat their own snack during extended day please email Sara Chesterfield for the permission form.