

DECEMBER 2023

Edinboro & McKean ELEMENTARY

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



Muffins Or Cereal
Orange Wedges Milk
and Juice

4

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

5

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

6

French Toast Sticks
Or Cereal Orange
Slices Smoothies
Milk

7

Breakfast Sandwich or
Cereal or Donuts
Pineapple Milk and
Juice

1

Funnel Cake Or
Cereal Pears Milk
and Juice

11

Mini Waffles Or
Cereal Mandarin
Oranges Smoothies

12

Breakfast Sandwich
Or Cereal Pears Milk
and Juice

13

Fruit Strudel Or
Cereal Fresh Fruit
Smoothies Milk

14

Breakfast Sandwich or
Cereal or Donuts
Pineapple Milk and
Juice

15

Muffins Or Cereal
Orange Wedges Milk
and Juice

18

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

19

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

20

French Toast Sticks
Or Cereal Orange
Slices Smoothies
Milk

21

**Holiday
Break**

22

**Holiday
Break**

25

**Holiday
Break**

26

**Holiday
Break**

27

**Holiday
Break**

28

**Holiday
Break**

29