

# Breakfast December 2018

Kearns Saint Ann

Monday

Tuesday

Wednesday

Thursday

Friday

3  
Buttermilk Pancakes  
Sliced Peaches  
Applesauce  
Milk

4  
Breakfast Pizza  
Fresh Apple  
Mixed Fruit  
Milk

5  
French Toast Sticks  
Fresh Banana  
Mandarin Oranges  
Milk

6  
Pancake on a stick  
Fresh Orange  
Pineapple Tidbits  
Milk

7  
Cinnamon Roll  
Fresh Pears  
Apricots  
Milk

10  
Waffles  
Sliced Peaches  
Applesauce  
Milk

11  
Breakfast Pizza  
Fresh Apple  
Mixed Fruit  
Milk

12  
Bagelful  
Fresh Banana  
Mandarin Oranges  
Milk

13  
Egg/Cheese on Muffin  
Fresh Orange  
Pineapple Tidbits  
Milk

14  
Mini Apple Bites  
Fresh Pears  
Apricots  
Milk

17  
Buttermilk Pancakes  
Sliced Peaches  
Applesauce  
Milk

18  
Breakfast Pizza  
Fresh Apple  
Mixed Fruit  
Milk

19  
French Toast Sticks  
Fresh Banana  
Mandarin Oranges  
Milk

20  
Sausage/Egg on Croissant  
Fresh Orange  
Pineapple Tidbits  
Milk

21  
Cinnamon Roll  
Fresh Pears  
Apricots  
Milk

24  
No School

25  
No School

26  
No School

27  
No School

28  
No School

31  
No School



**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.