

DECEMBER 2016

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Cake Donuts Mandiran Oranges Fruit Juice Milk	2 Breakfast Pizza Sliced Peaches Fruit Juice Milk	3	4 
5 Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Milk	6 Ham & Egg Breakfast Bar Fresh Banana Fruit Juice Milk	7 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	8 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	9 Whole Grain Muffin Tropical Fruit Fruit Juice Milk	10	
12 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	13 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	14 Whole Wheat Bagel w/Toppings Fresh Strawberries Fruit Juice Milk	15 Whole Grain Cereal String Cheese Sliced Pears Fruit Juice Milk	16 Mini Whole Grain Cinnamon Roll Mandrain Oranges Fruit Juice Milk	17	18 
19 Whole Grain Cereal Yogurt Cup Applesauce Fruit Juice Milk	20 Breakfast Pizza Pineapple Chunks Fruit Juice Milk	21 Scrumptious Coffeecake Peaches Fruit Juice Milk	22 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	23 NO SCHOOL	24 	25
26	27	28	29	30	31	

CHRISTMAS BREAK

This institution is an equal opportunity provide

NOTES:

Participating in sports can build your child up...or drag him down. Make athletics a postive experience for your youngster with these strategies: Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most intersting play in the game, rather than focusing on his performance or the score. Encourage him to set goals -- but make sure the goals are realistic. He might aim to touch the ball 3 times druing a game or to try a moce that he's been working on. Avoid comments about your youngster's size or body. Concentral on the friends he is making, and the effort he is putting forth.