

# December 2016

Richfield / Plat School

This institution is an equal opportunity provider and employer

**BREAKFAST**



**School Information:** The cost of breakfast is \$1.85 and includes milk  
Breakfast items are subject to change without notice



**Nutrition Tip:** Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

Mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix.

Blend plain fat-free or low-fat yogurt with 100% juice and frozen fruit for a tasty smoothie.

Fresh, frozen, dried or canned fruits can be easy "grab n go" options that need little preparation

**Monday**



5

Whole Grain Cereal  
String Cheese  
Fruit / Juice Cup  
Low Fat or Skim Milk

12

Whole Grain Cereal  
String Cheese  
Fruit / Juice Cup  
Low Fat or Skim Milk

19

Whole Grain Cereal  
String Cheese  
Fruit / Juice Cup  
Low Fat or Skim Milk

26

**NO SCHOOL**

**HAPPY HOLIDAYS**

**Tuesday**



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6

Whole Gr. Mini Blueberry Loaf  
Yogurt Cup  
Fruit / Juice Cup  
Low Fat or Skim Milk

13

Whole Grain Pancakes  
Fruit / Juice Cup  
Low Fat or Skim Milk

20

Whole Grain Mini Blueberry  
Waffles  
Fruit / Juice Cup  
Low Fat or Skim Milk

27

**NO SCHOOL**

**HAPPY HOLIDAYS**

**Wednesday**



7

Breakfast Pizza  
Fruit / Juice Cup  
Low Fat or Skim Milk

14

Egg / Cheese Omelet  
Wheat Toast  
Fruit / Juice Cup  
Low Fat or Skim Milk

21

Whole Grain French Toast Sticks  
Fruit / Juice Cup  
Low Fat or Skim Milk

28

**NO SCHOOL**

**HAPPY HOLIDAYS**

**Thursday**

1

Whole Grain Chocolate  
Chip Muffin  
Fruit / Juice Cup  
Low Fat or Skim Milk

8

Whole Grain Bagel  
Fruit / Juice Cup  
Low Fat or Skim Milk

15

Whole Grain Banana or  
Blueberry Muffin  
Fruit / Juice Cup  
Low Fat or Skim Milk

22

Whole Grain Bagel  
Fruit / Juice Cup  
Low Fat or Skim Milk

29

**NO SCHOOL**

**HAPPY HOLIDAYS**

**Friday**

2

**NO SCHOOL**

9

Whole Grain Cinnamon Roll  
Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

16

Whole Grain Cinnamon Roll  
Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

23

Whole Grain Cinnamon Roll  
Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

30

**NO SCHOOL**

**HAPPY HOLIDAYS**