

RED BANK CHARTER SCHOOL

December

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vanilla Yogurt-4oz W/G Granola-1oz W/G Corn Chex-1oz Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Mixed Fruit-1/2 c Apple and Orange Juice-4oz W/G Corn Chex-1oz W/G Waffle Grahams-2 Milk-8oz	Scramble Eggs-4oz Turkey Sausage-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Muffins-1 W/G Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Peaches-1/2c Strawberry ½ C and Orange Juice Honey Nut Cheerios-1oz W/G Grahams Crackers-3 Milk-8oz
9	10	11	12	13
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	Oatmeal W/G Grahams Crackers-3 Fresh Fruit-1 Milk-8 oz	W/G Pancakes-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Mixed fruit-1/2 c Apple Juice-4oz W/G Corn Chex-1oz Milk-8oz
16	17	18	19	20
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	Fresh Smoothies-1 1/2c Blueberry 1/2c 7 Strawberry 1/2c and Apple juice-4oz W/G Waffle Grahams-2 Honey nut Cheerios-1oz Milk-8 oz	Bagels-1 Cream Cheese-1 Fresh Fruit-1 Milk-8oz	W/G Waffle Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Apricot-1/2c Banana-1/2 and Apple Juice-4oz W/G Waffle Grahams-2 Honey Nut Cheerios-1oz Milk-8oz
23	23	25	25	27
MERRY	CHRISTMAS	HAPPY	HANUKKAH	HAPPY
30	31			
NEW	YEAR			