

RED BANK CHARTER SCHOOL

December

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		HAPPY NEW Year	Bagels-1 Cream Cheese-1 Fresh Fruit-1 Milk-8oz Bagels-1	Fresh Smoothies-1 1/2c Blueberry1/2c 7 Strawberry1/2c and Apple juice-4oz W/G Waffle Grahams-2 Honey nut Cheerios-1oz Milk-8 oz
6	7	8	9	10
Vanilla Yogurt-4oz W/G Granola-1oz W/G Trix Ceral-1oz Fresh Fruit-1 Milk-8oz	Fruit Smoothies Peaches-1/2c Apricot1/2c and Orange Juice-4oz W/G Grahams Crackers-3 Honey Nut Cheerios1oz Milk-8oz	Scramble Eggs-4oz Turkey Sausage-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Oatmeal W/G Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Mixed Fruit-1/2 c Apple and Orange Juice-4oz W/G Trix Ceral-1oz W/G Milk-8oz
13	14	15	16	17
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	W/G Pancakes-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Muffins-1 W/G Grahams Crackers-3 Fresh Fruit-1 Milk-8 oz	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
20	21	22	23	24
Vanilla Yogurt-4oz W/G Granola-1oz W/G Trix Ceral-1oz Fresh Fruit-1 Milk-8oz	Fruit Smoothies Strawberry1/2c Blueberrt1/2 Orange Juice-4oz W/G Grahams Crackers-3 W/G Trix Ceral-1oz Milk-8oz	Oatmeal W/G Grahams Crackers-3 Fresh Fruit-1 Milk-8 oz	Egg & Croissant Turkey Bacon-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
	Milk-8oz		30	
27	28	29	30	31
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1	French Toast Sticks-3 Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Bagels-1 Cream Cheese Fresh Fruit-1 Milk-8 oz	Scramble Eggs-4oz Turkey Bacon-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Peaches-1/2c Strawberry ½ C and Orange Juice Honey Nut Cheerios-1oz