

DECEMBER 2021

Forsyth

BREAKFAST



School Information:



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.

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini Bagel
Fruit/Milk

6

Pop Tart
Fruit/Milk

7

Breakfast Cookie
Fruit/Milk

8

Cinnamon Twist
Fruit/Milk

9

Cold Cereal
Fruit/Milk

10

French Toast Sticks
Fruit/Milk

13

Donut
Fruit/Milk

14

Nutri-Grain Bar
Fruit/Milk

15

Croissant
Fruit/Milk

16

National Maple Syrup Day
Cold Cereal
Fruit/Milk

17

Granola Bar
Fruit/Milk

20

Uncrustable
Fruit/Milk

21

Christmas Break

22

Christmas Break

23

Christmas Break

24

Christmas Break

27

Christmas Break

28

Christmas Break

29

Christmas Break

30

Christmas Break

31