

DECEMBER 2021

Our Lady of the Lake Catholic School

BREAKFAST



Lunch prices are \$3.10 per day
\$.40 for extra milk
Milk choices are skim, 1%, and chocolate
"This institution is an equal opportunity provider."



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 Pancakes
Applesauce
Fruit Punch

6

Blueberry Parfait
Apple Juice

7

Western Omelet
Banana
Grape Juice

8

Cereal Bar
Mixed Fruit
Orange Juice

9

Nutri-grain Bar
Craisins
Apple Juice

10

Mini French Toast
Applesauce
Orange Juice

13

Breakfast Pizza
Mandarin Oranges
Grape Juice

14

Cini Mini
Diced Peaches
Apple Juice

15

Cherry Frudel
Diced Peaches
Apple Juice

16

Muffin
String Cheese
Craisins
Apple Juice

17

Cereal
Applesauce
Milk
Fruit Punch

20

Blueberry Parfait
Apple Juice

21

Sausage-Cheese Biscuit
Banana
Grape Juice

22

NO SCHOOL

23

HAVE
A

24

MERRY

27

CHRISTMAS

28

AND A
VERY

29

HAPPY

30

NEW
YEAR

31