




# Learning Ladder Early Morning Snack, Breakfast & Snack Menu December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Egg Bake Peaches  Yogurt Parfait, Graham Crackers, Water	2 Bagel & Sausage Fresh Oranges  Cucumber & Hummus Dip, Water	3
4	5 English Muffin with Jelly, Diced Apples  Wheat Crackers, Sliced Oranges, Water	6 Cereal Raisins  Goldfish Apple Juice	7 Biscuits with Jelly, Peaches  French Bread, Marinara, Water	8 Bagel & Egg Patty Grapes  Sliced Apples, Graham Crackers, Water	9 Strawberry Smoothie Graham Crackers  Oatmeal Cookie Milk	10
11	12 Bagel & Cream Cheese, Applesauce  Yogurt Parfait Water	13 Egg Bake Grapes  Pineapple, Cottage Cheese, Water	14 Pancakes Cantaloupe  Graham Crackers Milk	15 Cereal Banana  Cheese Crackers Apple Juice	16 Blueberry Muffin Oranges  Lime Sorbet, Wheat Crackers, Water	17
18	19 Oatmeal Diced Apples  Chips & Salsa Water	20 Biscuits & Sausage Pears  Bagel & Cream Cheese, Water	21 Omelet Fresh Oranges  Cottage Cheese, Peaches, Water	22 English Muffin with Jelly, Peaches  Raisin Bread Milk	23 LEARNING LADDER CLOSED	24 
25 	26 LEARNING LADDER CLOSED	27 Apple Muffin Yogurt  String Cheese, Oyster Crackers, Water	28 Cereal Banana  Yogurt Parfait, Graham Crackers	29 Strawberry & Banana Smoothie, Graham Crackers  Trail Mix, Apple Juice	30 LEARNING LADDER CLOSED	31

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative.