

Learning Ladder Breakfast, Lunch & Snack Menu December 2023

A breakfast bar and milk are served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Muffin Oranges Cheese, Crackers
4. Cereal Apples Trail Mix, Fresh Fruit	5. Bagels w/ Cream Cheese Oranges Veggie Pizza, Fresh Fruit	6. English Muffins Banana Yogurt, Grahams	7. Oatmeal Peaches Apple Pastries Craisins	8. Pancakes Strawberries Cottage Cheese, Pineapple
11. Cereal Apples Seasoned Oyster Crackers Fruit Salad	12. Bagels w/ Cream Cheese Oranges Apple Muffins Fresh Fruit	13. English Muffins Apples Banana Bread, Fresh Fruit	14. Smoothie Cinnamon Toast Bars Trail Mix, Fresh Fruit	15. Muffin Bananas Cheese, Crackers
18. Cereal Apples Banana Oatmeal Cookies, Fruit Salad	19. Bagels w/ Cream Cheese Bananas Apple Pastries Fresh Fruit	20. English Muffins Oranges Yogurt, Grahams	21. Oatmeal Peaches Pumpkin Bars Craisins	22. Pancakes Strawberries Cottage Cheese, Pineapple
25. CLOSED	26. CLOSED	27. English Muffins Banana Bean Dip, Crackers	28. Oatmeal Peaches Apple Muffins Fresh Fruit	29. Bagels w/ Cream Cheese Oranges Cheese, Crackers

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

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (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.