

# Cresthaven Academy W. 7th

## Breakfast

## December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>All of our food is made fresh Daily.</i>				
					1 Eggo Waffles 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	2
3	4 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	5 Eggo Mini Blueberry Pancakes 1ea 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	6 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	7 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	8 Whole Grain Kix 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	9
10	11 Whole Grain Apple Jacks 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	12 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13 Whole Grain Cinnamon Toast Crunch 1ea Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	14 W.G Strawberry Poptart 1ea 100% Grape Juice 4oz Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	15 Whole Grain Corn Pops 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	16
17	18 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	19 Eggo Mini Maple Pancakes 1ea 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20 Whole Grain Fruit Loops 1ea Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	21 Whole Grain Lucky Charm 1ea Butter Pack .5 oz 100% Grape Juice 4oz Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	22	23
24		26	27	28	29	30