


DECEMBER 2021 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Friday, December 17th NATIONAL UGLY SWEATER DAY</p> 		<p>1 Oatmeal Chocolate Chip Breakfast Round Flavored Applesauce 100% Fruit Juice</p>	<p>2 Strawberry NutriGrain Bar String Cheese Fresh Fruit 100% Fruit Juice</p>	<p>3 Vanilla Yogurt Banana Muffin Fresh Fruit 100% Fruit Juice</p>
<p>6 Cinnamon Chex Animal Crackers Fresh Fruit 100% Fruit Juice</p>	<p>7 Blueberry Muffin Cheese Stick Flavored Applesauce 100% Fruit Juice</p>	<p>8 Bagel Grape Jelly Craisins 100% Fruit Juice</p>	<p>9 Cinni Minis Fresh Fruit 100% Fruit Juice</p>	<p>10 Cheerios Cinnamon Bug Bite Grahams Fresh Fruit 100% Fruit Juice</p>
<p>13 French Toast Benefit Bar Fresh Fruit 100% Fruit Juice</p>	<p>14 Golden Grahams Vanilla Yogurt Craisins 100% Fruit Juice</p>	<p>15 Oatmeal Chocolate Chip Breakfast Round Flavored Applesauce 100% Fruit Juice</p>	<p>16 Mini Strawberry Creamy Cheese Bagel Fresh Fruit 100% Fruit Juice</p> 	<p>17 Blueberry NutriGrain Bar String Cheese Fresh Fruit 100% Fruit Juice</p>
<p>20 Rice Chex Cinnamon Bug Bite Grahams Fresh Fruit 100% Fruit Juice</p>	<p>21 Bagel Grape Jelly Craisins 100% Fruit Juice</p>	<p>22 Banana Muffin Cheese Stick Flavored Applesauce 100% Fruit Juice</p>	<p>23 Reduced Sugar Cinnamon Toast Crunch Animal Crackers Fresh Fruit 100% Fruit Juice</p>	<p>HAVE A GREAT WINTER BREAK</p> 

RED-Y FOR WINTER



Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
 - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
 - Nutrition and allergen information available at www.FSPro.com
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

REX

