

# December 2018

## DAWSON SPRINGS 7<sup>TH</sup> – 12<sup>TH</sup> GRAB & GO

### BREAKFAST



[USDA Nondiscrimination Statement](#)

MERRY CHRISTMAS



**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

Sausage Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Apple, Variety of Juice and Milk **3**

Sausage Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Apple, Variety of Juice and Milk **10**

Sausage Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Apple, Variety of Juice and Milk **17**

**24**

**31**

### Tuesday

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **4**

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **11**

Chicken Biscuit, Banana Bread, Blueberry Bread, Choc Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Cinnamon Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **18**

**25**

MERRY CHRISTMAS!!



### Wednesday

Sausage Egg Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip muffin, Blueberry muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice and Milk **5**

Sausage Egg Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip muffin, Blueberry muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice and Milk **12**

Sausage Egg Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip muffin, Blueberry muffin, Strawberry Poptart, Cinnamon Poptart, Apple, Variety of Juice and Milk **19**

**26**

### Thursday

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **6**

Chicken Cheese Biscuit, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip Muffin, Blueberry Muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **13**

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip muffin, Blueberry muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **20**

**27**

### Friday

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip muffin, Blueberry muffin Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **7**

Tornado, Banana Bread, Blueberry Bread, Chocolate Donut, Powdered Donut, Mini Pancake, Mini Cinna, Choc Chip muffin, Blueberry muffin, Strawberry Poptart, Fudge Poptart, Toast, Yogurt Parfait, Apple, Variety of Juice and Milk **14**

**21**

**28**

