

# DECEMBER 2022

## LAKE OF THE WOODS



**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5**  
CEREAL  
YOGURT  
APPLE  
FRUIT JUICE  
MILK

**6**  
BISCUIT  
SAUSAGE PATTY  
ORANGES  
FRUIT JUICE  
MILK

**7**  
CEREAL  
CHOCOLATE MUFFIN  
MIXED FRUIT  
FRUIT JUICE  
MILK

**1**  
APPLE FRUDEL  
PEARS  
FRUIT JUICE  
MILK

**2**  
DUTCH WAFFLE  
BANANA  
FRUIT JUICE  
MILK

**12**  
CEREAL  
CHEESE STICK  
ORANGES  
FRUIT JUICE  
MILK

**13**  
SCRAMBLED EGGS  
ENGLISH MUFFIN  
PEACHES  
FRUIT OR V8 JUICE  
MILK

**14**  
MINI BLUEBERRY WAFFLE  
APPLESAUCE  
FRUIT JUICE  
MILK

**8**  
FRENCH TOAST STICKS  
PEACHES  
FRUIT JUICE  
MILK

**9**  
INSTANT OATMEAL  
GRAHAM CRACKERS  
BANANA  
FRUIT JUICE  
MILK

**15**  
BREAKFAST ON A STICK  
PEACHES  
FRUIT JUICE  
MILK

**16**  
UNCRUSTABLE  
BANANA  
FRUIT JUICE  
MILK

**19**  
CEREAL BAR  
APPLE  
FRUIT JUICE  
MILK

**20**  
WAFFLE STICKS  
MIXED FRUIT  
FRUIT JUICE  
MILK

**21**  
BREAKFAST BITES  
PEACHES  
FRUIT JUICE  
MILK

**22**  
CEREAL  
GOGURT  
BANANA  
FRUIT JUICE  
MILK

**23**  
NO SCHOOL  
  
CHRISTMAS BREAK

**26**  
NO SCHOOL  
  
CHRISTMAS BREAK  
  
WEEK

**27**

**28**

**29**

**30**