

# DECEMBER 2021

# PERRY BREAKFAST

## BREAKFAST

Breakfast and lunch school meals are **FREE** for all students in SY2021-22 due to pandemic waivers



**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



Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk **6**

Cereal  
Graham Cookie  
Fruit/Fruit Juice  
Milk **13**

**CHRISTMAS** **20**  
**BREAK**

**CHRISTMAS** **27**  
**BREAK**

### TUESDAY



Pillsbury Mini Cinnis  
Fruit/Fruit Juice  
Milk **7**

Dunkin Stick  
Fruit/Fruit Juice  
Milk **14**



**CHRISTMAS** **28**  
**BREAK**

### WEDNESDAY

Mini Pancakes  
Fruit/Fruit Juice  
Milk **1**

Snack-n Waffle  
Fruit/Fruit Juice  
Milk **8**

Cinnabar  
Fruit/Fruit Juice  
Milk **15**

**CHRISTMAS** **22**  
**BREAK**



### THURSDAY

Glazed Donut  
Fruit/Fruit Juice  
Milk **2**

Yogurt  
S'more Bar  
Fruit/Fruit Juice  
Milk **9**

Muffin  
Cheese stick  
Fruit/Fruit Juice  
Milk **16**

**CHRISTMAS** **23**  
**BREAK**

**CHRISTMAS** **30**  
**BREAK**

### FRIDAY

Crunchmania  
Fruit/Fruit Juice  
Milk **3**

Pop Tarts  
Fruit/Fruit Juice  
Milk **10**

Crunchmania  
Fruit/Fruit Juice  
Milk **17**

