

	<h1 style="text-align: center; color: green;">DECEMBER MENU</h1>		
	Breakfast	After School	Early Pm Snack
Monday	Oatmeal & Apples	Grahams & Marshmallows	Grahams & Marshmallows
Tuesday	Muffins & Apple Juice	Peaches & Veggie Straws	Apples & Crackers
Wednesday	Cereal & Bananas	Fish Sticks	Pudding & Granola
Thursday	Fruit Bar & Applesauce	Yogurt & Granola	Vanilla Wagers & Milk
Friday	Pancakes & Berries	Soft Pretzels	Veggie Straws & Apples Juice

Meal Schedule

School Age Breakfast; 6:55 – 7:25

Toddlers, Pre-School & Pre-Kindergarten Breakfast; 8:30 – 8:50

Lunch 11:45 – 12:15

Afternoon Snack

Early p.m. snack (Ages 0 – 4) 3:00 -3:30

After School (Ages 5 – 13) 3:45 – 4:15

Notes

Please review the menu with your child and provide a substitute meal if necessary. Families should provide an alternative meal, if your child(ren) will not or cannot eat the menu item(s). Children should bring all necessary items needed to complete meal. This includes; *bowls, plates, microwaveable items, spoons, forks, etc.* Only can items with tabs allowed. Parents please do not allow your children to bring diet supplement drinks or Soda Pop to the Explore Club. We also encourage children to eat items with less sugar in them first.