

# December 2018

Just A Dash Catering

BREAKFAST



**School Information:** This Institution is an equal opportunity employer



**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

WG Pancake  
Choice of Milk  
Fresh Fruit **3**

WG Cake Donut  
Choice of Milk  
Fresh Fruit **10**

WG Cinnamon Pop Ta  
Choice of Milk  
Fresh Fruit **17**

**24**

**31**

## Tuesday

Chocolate Chip Muffin  
Choice of Milk  
Fresh Fruit **4**

Yogurt Cup  
Choice of Milk  
Fresh Fruit **11**

Chocolate Choco Chip  
Muffin  
Choice of Milk  
Fresh Fruit **18**

**25**



## Wednesday

WG Mini Cinni  
Choice of Milk  
Fresh Fruit **5**

WG Maple French Toas  
Choice of Milk  
Fresh Fruit **12**

Warm Strawberry Bag  
Choice of Milk  
Fresh Fruit **19**

**26**

## Thursday

Blueberry Muffins  
Choice of Milk  
Fresh Fruit **6**

WG Warm Cinnamon B  
Choice of Milk  
Fresh Fruit **13**

WG Apple Muffin  
Choice of Milk  
Fresh Fruit **20**

**27**

## Friday

WG Warm Cinnamon P  
Choice of Milk  
Fresh Fruit **7**

Banana Muffin  
Choice of Milk  
Fresh Fruit **14**

WG Blueberry Loaf  
Choice of Milk  
Fresh Fruit **21**

**28**

