



December 2018

Ewing School Preschool Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Cheddar Omelet Whole Grain Biscuit 100% Fruit Juice Milk	5 Whole Grain Muffin Medium Banana Milk	6 Whole Grain Blueberry Waffles SF Syrup Applesauce Milk	7 W.G. Cereal Mandarin Oranges Milk
10 NO PRESCHOOL	11 Egg Patty Whole Wheat Toast Apple Slices Milk	12 Whole Grain Cereal Medium Banana Milk	13 Whole Grain Muffin Mixed Fruit 100% Fruit Juice Milk	14 Whole Grain Mini Pancakes SF Syrup Mandarin Oranges Milk
17 NO PRESCHOOL	18 Whole Grain French Toast SF Syrup Raisins Milk	19 Cheddar Omelet Whole Wheat Toast Medium Banana Milk	20 Whole Wheat Banana Bread Mixed Berries Milk	21 Whole Grain Muffin Peaches Milk
24 WINTER BREAK NO SCHOOL	25 	26 WINTER BREAK NO SCHOOL	27 WINTER BREAK NO SCHOOL	28 WINTER BREAK NO SCHOOL
31 WINTER BREAK NO SCHOOL				

Why Care About Breakfast?

Life is busy, and busy often ups its game during the holidays. Between parties, family projects, decorations, and shopping, something has to give. Breakfast should not be it. Why? Here are some top reasons to care about breakfast...

- Breakfast offers key nutrients that will give you energy. Plus, with the right foods, you won't get hungry on your way to holiday activities and errands.
- Furthermore, when you make healthful choices at breakfast, you start the day on the right foot. It's easier to stick to good habits that way.



*Whole grain cereal choices include WIC approved cereals and cereals with 6 g. or less of sugar per dry ounce.

**Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.