

DECEMBER 2022

Vinalhaven School

BREAKFAST



School Information:

12/21: Early Release
Winter break: 12/22-1/2



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.
Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

MONDAY



Cereal **5**

Cereal **12**

Cereal **19**

26

TUESDAY

Bagels **6**

National Cocoa Day **13**
Donuts

Bagels **20**

27

WEDNESDAY



Breakfast Pizza **7**

Breakfast Sandwiches **14**

Muffins **21**
Early Release @ 12

28

THURSDAY

Muffins **1**

Yogurt Parfaits **8**

Yogurt Parfaits **15**

Holiday Break! **22**

29

FRIDAY

Donuts **2**

Pancakes **9**

Berry Sweet Bread **16**

23

30