

# December 2017

## Georgia school for the Deaf

### BREAKFAST



#### School Information:

Winter Break  
December 15- January 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.

#### Monday



Sausage Biscuits, French Toast with Syrup, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange Juice and Grape Juice **4**

#### Tuesday

Chicken Biscuits, Cinnamon Pancakes, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Fresh Pineapple, Assorted Milks, Apple Juice, Orange Juice, And Grape Juice. **5**

#### Wednesday



Sausage Biscuits, pancake On a stick, Mixed Cereal bar, Assorted Cereal, Whole Apples, Mixed Fruit, Assortment of Milk, Apple Juice, Orange Juice, and Grape Juice **6**

#### Thursday

Chicken Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereal, Whole Oranges, Sliced Pineapple, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice **7**

#### Friday

Chicken Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereal, Whole Oranges, Sliced Pineapple, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice **1**

Sausage Biscuits, Oatmeal With cranberries, Mixed Cereal Bars, Assorted Cereal, Fresh Whole Apples, Sliced Peaches, Assorted Milk, Apple Juice, Orange Juice and Grape Juice. **8**

Chicken Biscuits, Blueberry Muffins, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Pineapple, Assorted Milks, Apple juice, Orange Juice, And Grape Juice. **11**

Sausage Biscuits, French Toast with syrup, Mixed Cereal bars, Assorted Cereals, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange juice, and Grape Juice **12**

Chicken Biscuits, Blueberry Muffins, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Pineapple, Assorted Milks, Apple juice, Orange Juice, And Grape Juice. **13**

Sausage Biscuits, pancake On a stick, Mixed Cereal bar, Assorted Cereal, Whole Apples, Mixed Fruit, Assortment of Milk, Apple Juice, Orange Juice, and Grape Juice **14**

**No School** **15**  
**Winter Holiday Break**

**No School** **18**

**No School** **19**

**No School** **20**

**No School** **21**

**No School** **22**

**Winter Holiday Break**

**Winter Holiday Break**

**Winter Holiday Break**

**Winter Holiday Break**

**Winter Holiday Break**

**No School** **25**

**No School** **26**

**No School** **27**

**No School** **28**

**No School** **29**

**Winter Holiday Break**

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**Winter Holiday Break**

**Winter Holiday Break**

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