

# DECEMBER 2021

## East Windsor Public Schools

### BREAKFAST



AVAILABLE  
FRESH FRUIT PATTY WITH YOGURT AND BAGEL  
ASSORTED SALADS with a roll  
Assorted Sandwiches  
This 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



6

Assorted Fruited

13

Assorted Muffins

20

Breakfast Pizza

27

Halfway through  
the year!!

### TUESDAY

7

Breakfast Waffles

14

Mini Pancakes

21

Crumb Cake

28

### WEDNESDAY

1

Bagel with cream cheese

8

Cinnamon Roll

15

Smoothie with Goldfish Graham

22

Banana or Blueberry Bread

29

### THURSDAY

2

Sausage, egg & cheese on an  
English Muffin  
BB Egg & cheese on English muffin

9

Ham, Egg & Cheese Wrap

16

Dutch waffles with  
powdered sugar

23

First Day of Winter Break

30

### FRIDAY

3

Mini Cinnamon Rolls

10

Assorted Donuts

17

Sausage, Egg & Cheese on a  
Croissant  
BB Egg & Cheese on Croissant

24

Enjoy Break!

31

Last Day of the Year!!!