

# DECEMBER 2021

## Camp Lejeune Community Schools K-12

### BREAKFAST



**School Information:** Menus are subject to change upon availability.

**USDA is an equal opportunity provider and 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



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Pop Tart  
Cereal  
Pears  
Milk

6

Assorted Danish  
Cereal  
Peach Cup  
Raisins  
Milk

7

Toast  
Cereal  
Cranberries  
Applesauce  
Milk

8

Scrambled Eggs  
Grits  
Toast  
Raisins  
Milk

9

Nutri-Grain Bar  
Cereal  
Orange Wedges  
Milk

10

Ham & Cheese Muffin  
Cereal Coco Puff  
Peaches  
Milk

13

Scrambled Eggs  
Grits  
Toast  
Raisins  
Milk

14

Blueberry Muffins  
Cereal  
Apple  
Milk

15

Toast  
Cereal  
Pineapples Tidbits  
Milk

16

French Toast Sticks  
Cereal  
Applesauce  
Milk

17

20

Holidays Season

21

Holidays Season

22

Holidays Season

23

Holidays Season

24

Holidays Season

27

Holidays Season

28

Holidays Season

29

Holidays Season

30

Holidays Season

31

Holidays Season