


# DECEMBER BREAKFAST



## 2021 Richmond Public Schools Pre-K School Center

Monday	Tuesday	Wednesday	Thursday	Friday
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
		CHEERIOS ^ Fresh Pear Choice of Milk	VANILLA YOGURT Granola ^ Blended Fruit Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Fresh Apple Choice of Milk
December 6, 2021	December 7, 2021	December 8, 2021	December 9, 2021	December 10, 2021
CHEERIOS ^ Fresh Pear Choice of Milk	STRAWBERRY YOGURT Granola ^ Grape Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Fresh Orange Choice of Milk	STRAWBERRY YOGURT Granola ^ Grape Juice Choice of Milk	RICE CHEX ^ Fresh Apple Choice of Milk
December 13, 2021	December 14, 2021	December 15, 2021	December 16, 2021	December 17, 2021
CINNAMON TOAST CRUNCH ^ Fresh Apple Choice of Milk	VANILLA YOGURT Granola ^ Blended Fruit Juice Choice of Milk	RICE CHEX ^ Fresh Pear Choice of Milk	VANILLA YOGURT Granola ^ Blended Fruit Juice Choice of Milk	CHEERIOS ^ Fresh Orange Choice of Milk
December 20, 2021	December 21, 2021	December 22, 2021	December 23, 2021	December 24, 2021
RICE CHEX ^ Fresh Pear Choice of Milk	CHEERIOS ^ Fresh Orange Choice of Milk			
December 27, 2021	December 28, 2021	December 29, 2021	December 30, 2021	December 31, 2021

# HAPPY HOLIDAYS

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)



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## Nutritional Information: PRESCHOOL CENTER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
12-01-2021	CHEERIOS ^	100	2	0	0	0	140	21	3	1	4	300	4	60	9	G/B:1sv WG BW-LS
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-02-2021	VANILLA YOGURT Granola ^ Blended Fruit Juice	260	4	0	0	5	85	50	2	31	8	0	0	160	1	G/B:2sv WG F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-03-2021	CINNAMON TOAST CRUNCH ^	120	2	0	0	0	160	22	3	6	1	300	4	60	2	G/B:1sv WG BW-LS
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-06-2021	CHEERIOS ^	100	2	0	0	0	140	21	3	1	4	300	4	60	9	G/B:1sv WG BW-LS
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-07-2021	STRAWBERRY YOGURT Granola ^ Grape Juice	270	4	0	0	0	90	53	2	33	8	0	0	160	1	G/B:2sv WG F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-08-2021	CINNAMON TOAST CRUNCH ^	120	2	0	0	0	160	22	3	6	1	300	4	60	2	G/B:1sv WG BW-LS
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-09-2021	STRAWBERRY YOGURT Granola ^ Grape Juice	270	4	0	0	0	90	53	2	33	8	0	0	160	1	G/B:2sv WG F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	



12-24-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12-27-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12-28-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12-29-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12-30-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12-31-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Meal Contributions : M/MA = Meat/Meat Alternate      F = Fruit      V = Vegetable      G/B = Grain/Bread      W/G = Whole Grain  
Vegetable Types : DG = Dark Green      R/O = Red/Orange      L = Legumes      S = Starchy      O = Other  
BeWell Types : BW-PLANT = Plant-Based      BW-GF = Good Fat      BW-LPP = Lean/Plant Protein      BW-LS = Less Sugar  
                         BW-HF = High Fiber Food      BW-PRO = Probiotics





