

DECEMBER 2023

EMMA JEWEL CHARTER ACADEMY

BREAKFAST



WARRIOR CAFÉ
705 BLAKE AVENUE
COCOA, FLORIDA 32922



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

CEREAL
YOGURT
FRUIT
JUICE
MILK

4

PANCAKES
FRUIT
JUICE
MILK

5

BLUEBERRY MUFFIN
STRING CHEESE
FRUIT
JUICE
MILK

6

SAUSAGE BISCUIT
FRUIT
JUICE
MILK

7

GRITS
HARD BOILED EGG
FRUIT
JUICE
MILK

8

CEREAL
YOGURT
FRUIT
JUICE
MILK

11

PANCAKE ON A STICK
FRUIT
JUICE
MILK

12

National Cocoa Day
BREKAFAST BAGEL
FRUIT
JUICE
MILK

13

BREAKFAST ROUND
YOGURT
FRUIT
JUICE
MILK

14

APPLE FRUDEL
FRUIT
JUICE
MILK

15

CEREAL
YOGURT
FRUIT
JUICE
MILK

18

BACON, EGG & CHEESE
MCMUFFIN
FRUIT
JUICE
MILK

19

FRENCH TOAST
FRUIT
JUICE
MILK

20

BREAKFAST PIZZA
FRUIT
JUICE
MILK

21

CHICKEN BISCUIT
FRUIT
JUICE
MILK

22

25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK

29

WINTER BREAK