

# DECEMBER 2021

## Elk City Public Schools

### BREAKFAST



#### School Information:

Christmas Break will begin December 20<sup>th</sup>. School will resume on January 4, 2022.



#### 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

French Toast Sticks  
Assorted Fruit  
Milk Choice

6

Waffles  
Syrup  
Assorted Fruit  
Milk Choice

7

Sausage and Cheese Biscuit  
Assorted Fruit  
Milk Choice

8

Cheese Omelets  
Salsa  
Assorted Fruit  
Milk Choice

9

Donuts  
Assorted Fruit  
Milk Choice

10

Combo Bars  
Toast  
Assorted Fruit  
Milk Choice

13

Breakfast Burritos  
Salsa  
Assorted Fruit  
Milk Choice

14

Benefit Bars  
Oatmeal (Elem.)  
Assorted Fruit  
Milk Choice

15

Cinnamon Rolls  
Assorted Fruit  
Milk Choice

16

**NO SCHOOL**  
**PROFESSIONAL DAY**  
**HAVE A WONDERFUL**  
**CHRISTMAS BREAK!**

17

20

MERRY

21

CHRISTMAS

22

23

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

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Menus are subject to  
change.

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An option of cereal and toast is  
available daily.

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HAPPY

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NEW YEAR

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