



Muffins

Fruit cup

Cheese squares

100% fruit juice

Christmas Break

Build a snowman

Christmas Break

Read “Twas the Night

Before Christmas

Christmas Break

Go Caroling and look at Christmas lights

Christmas Break

Watch Rudolph the Red Nosed Reindeer

Christmas Break

Bake cookies and frost them

Christmas Break

Make sure you write a

letter to Santa

Pumpkin Pancakes

Applesauce

Sausage link

100% fruit juice

Fruit and Grain Bar

Fruit cup

100% fruit juice

Potatoes

Scrambled eggs

Cheese

Apple

Cinnamon roll

Apple

Cheese stick

Breakfast Burrito

Fruit cup

100% Fruit Juice

Yogurt

Blueberries

Granola

100% juice

Bagel and Cream cheese

Fruit cup

100 % Fruit Juice

1% white milk

Nonfat chocolate served with each meal

Preschool is required to have 1% white Milk only

Water is available

**DECEMBER 2021**

Riggins Elementary & Salmon River Jr/Sr High

Banana Bar

Cheese stick

Fruit cup

100% fruit juice

Cold cereal

Fruit

Cheese stick

Christmas Break

Make hot chocolate

Christmas Break

Play a board game

Christmas Break

Go sledding

Christmas Break

Help take down the

Christmas decorations