



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.



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Bowls Fruit Bars 100% Fruit Juice 01	Breakfast Pizza Fruit Cups 100% Fruit Juice 02	Oatmeal Fruit Yogurt OR Fresh Fruit 100% Fruit Juice 03	Toast & Jelly Fresh Fruit 100% Fruit Juice 04	Cereal Bowls Fresh Fruit 100% Fruit Juice 05
Oatmeal OR Grits Fruit Yogurt 100% Fruit Juice 08	Pancakes on a Stick Fresh Fruit 100% Fruit Juice 09	Toast & Jelly Grits B'fast Sausage Fresh Fruit 100% Fruit Juice 10	Cereal Bowls Fresh Fruit 100% Fruit Juice 11	Cereal Bowls (Variety) Fresh Fruit 100% Fruit Juice 12
Cereal Bowls Fruit Bars 100% Fruit Juice 15	Breakfast Biscuit STRING CHEESE Fresh Fruit 100% Fruit Juice 16	Cereal Bowls Fresh Fruit 100% Fruit Juice 17	Breakfast Bars or Cereal Fresh Fruit 100% Fruit Juice 18	GRINCHMAS B'FAST Pancakes or Waffles Green Eggs Ham or Turkey Fruit Yogurt 19
WINTER BREAK 22	WINTER BREAK 23	WINTER BREAK 24	WINTER BREAK 25	WINTER BREAK 26
WINTER BREAK 29	WINTER BREAK 30	WINTER BREAK 31	 	



ESCAMBIA CHRISTIAN SCHOOL, INC.: All meals are served a choice of 1% White Milk, Fat Free Chocolate or Strawberry Milk, Lactose Free Milk , and water.

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