

# St. Teresa

## Breakfast (St. Teresa), December - 2025

<b>1</b> <b>Monday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Honey Cheerios (2oz)</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Craisins</li><li>• Peach Applesauce Cup</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>2</b> <b>Tuesday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• French Toast Sticks IW</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Apple</li><li>• Mandarin Oranges</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>3</b> <b>Wednesday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Food and Nutrition Grahams</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Pear</li><li>• Strawberry Applesauce</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>4</b> <b>Thursday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Honey Wheat Bagel</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Banana</li><li>• Fruit Cocktail</li></ul> <b>CONDIMENTS</b> <ul style="list-style-type: none"><li>• Cream Cheese</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>5</b> <b>Friday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Cinnamon Roll</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Diced Peach Cup</li><li>• Fresh Clementine</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>
<b>8</b> <b>Monday</b> <b>ENTREE</b> <ul style="list-style-type: none"><li>• Beefy Breakfast Pizza</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Pear</li><li>• Mandarin Oranges</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>9</b> <b>Tuesday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Cinnamon Chex (2oz)</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Applesauce Cup</li><li>• Diced Peach Cup</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>10</b> <b>Wednesday</b> <b>ENTREE</b> <ul style="list-style-type: none"><li>• Egg &amp; Cheese on an English Muffin</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Banana</li><li>• Pineapple Chunks</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>11</b> <b>Thursday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Sweet Potato Swirl</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Apple</li><li>• Fruit Cocktail</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>12</b> <b>Friday</b> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Clementine</li><li>• Raisins</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>
<b>15</b> <b>Monday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Cinnamon Toast Crunch (2 oz)</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Applesauce Cup</li><li>• Craisins</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>16</b> <b>Tuesday</b> <b>ENTREE</b> <ul style="list-style-type: none"><li>• Egg &amp; Cheese on an English Muffin</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Pear</li><li>• Fruit Cocktail</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>17</b> <b>Wednesday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Food and Nutrition Grahams</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Diced Peach Cup</li><li>• Fresh Clementine</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>18</b> <b>Thursday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• French Toast Sticks IW</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Banana</li><li>• Mango Peach Applesauce Cup</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>	<b>19</b> <b>Friday</b> <b>GRAIN</b> <ul style="list-style-type: none"><li>• Honey Wheat Bagel</li></ul> <b>FRUIT</b> <ul style="list-style-type: none"><li>• Fresh Apple</li><li>• Raisins</li></ul> <b>CONDIMENTS</b> <ul style="list-style-type: none"><li>• Cream Cheese</li></ul> <b>MILK</b> <ul style="list-style-type: none"><li>• 1% Lowfat Milk</li><li>• Fat Free Milk</li></ul>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>