December, 2018

American Montessori Academy Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Flakes Animal Grahams Craisins 100% Juice 1% or FF White Milk 3	**Double Chocolate Chip Muffin** Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk 4	**WG Goldfish Grahams** Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk 5	**Oatmeal Cocoa Crisp Bar** Fresh Orange 100% Juice 1% or FF White Milk 6	**Cinnabar** Fresh Fresh Orange 100% Juice}1% or FF White Milk 7
Cocoa Krispie Cereal Bar Animal Grahams 100% Juice Craisins 1% or FF White Milk 10	**Breakfast Nutrition Bar** 100% Juice Fruit Cup 1% or FF White Milk 11	**WG Bagel with Cream Cheese** Fresh Apple1% or FF White Milk 12	**WG Banana Muffin** Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk 13	**WG Strawberry Pop Tart** Animal Grahams Fresh Apple 1% or FF White Milk 14
Cinnamon Toast Crunch Cereal Animal Grahamss Craisins 100 % Juice 1% or FF White Milk 17	**Double Chocolate Chip Muffin** Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk 18	**WG Goldfish Grahams** Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk 19	**Breakfast Nutrition Bar** 100% Juice Fresh Banana 1% or FF White Milk 20	**Raspberry Bar** 100%Juice Fresh Orange 1% or FF White Milk 21
No School 24	No School 25	No School 26	No School 27	No School 28
No School 31				

Thought for Thought

To win without risk is to triumph without glory. - Pierre Corneille

Tips & Information

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

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"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

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