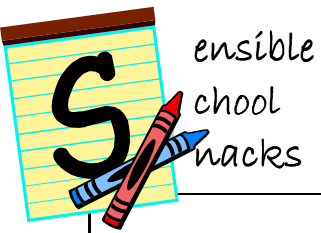





December 2007



	Mon	Tue	Wed	Thu	Fri	Sat
Break fast Quick Tips	3 Muffin Eggs-scramble 4 eggs & 1 tbsp milk, pour into muffin pan (3/4 full), add veggies/cheese and bake 350 for 15 min	4 Breakfast Tacos-cook sausage & scramble eggs. Place in tortilla shell with cheese and salsa. Roll up and enjoy.	5 PB & J French Toast-make a PB & J sandwich, dip in scrambled egg, brown both sides in buttered pan.	6 Breakfast Banana Split-put bananas around bowl, scoop yogurt into middle, top with favorite toppings; granola, honey, syrup or canned fruit	7 English muffin with melted cheese and apple slices	
Snack Ideas	10 Vanilla wafers dipped in yogurt	11 Yogurt Creamsicles Mix 1/2 c. plain yogurt with 1/2 c. fruit juice & freeze.	12 Bagel spread with cream cheese add chopped peaches, bananas & strawberries	13 Edible Rocket- peel & cut banana in 1/2 for body, cut apple wedges for bottom, use baby carrots for wings, enjoy	14 Chop 1/2 tinned pear or other fruit in natural juice & set in low calorie jelly. Put into individual disposable plastic containers with lids.	
Lunch Samples	17 Pizza Bagels-Half a bagel, top with pizza sauce, your favorite toppings, and cheese	18 BLT Wrap-Cook bacon & chop, spread mayo on wrap, add bacon, top with lettuce & tomato, wrap tight	19 Be creative with sandwiches...cut into shapes, decorate with raisins, fruit or vegetables	20 Chili Potatoes Bake potato as usual, top with chili, sour cream and shredded cheese.	21 Early Dismissal for Christmas Break	
Tips	24/31 Lead by example, if you prepare and eat healthy foods yourself, your child will too	25 Christmas Day 	26 Exercise your minds as well as your bodies	27 Do something physical and active together	28 Snacks are an important part of a healthy diet for active children	