

DECEMBER 2025

Child & Youth Programs

Monday

1
Kix Cereal, Mandarin Oranges, Milk
Teddy Grahams, Grapes, Water
Swirl Bread, Water
Week 1

8
Multi-Grain Cheerios, Peaches, Milk
Pretzels, Cheese Sticks, Water
Chicken N Biskit, Water
Week 2

15
Kix Cereal, Apple Slices, Milk
Swirl Bread w/Cream Cheese, Apple Juice
Wheat Thins, Water
Week 3

22
Multi-Grain Cheerios, Mixed Fruit, Milk
Saltine Crackers, Cheese & Ham Slices, Water
Chicken N Biskit Crackers,
Week 4

29
Kix Cereal, Pears, Milk
Taco Chips, Shredded Cheese, Salsa, Water
Teddy Grahams, Water
Week 5

Tuesday

2
Whole Grain-Cinnamon Toast,
Applesauce, Milk
Wheat Thins, Dried Fruit, Cheese Stick,
Water
Saltine Crackers, Water

9
Raisin Bread w/Cream Cheese,
Banana, Milk
Egg Salad Sandwich on Whole Grain Bread,
Apple Juice
Ritz Crackers, Water

16
English Muffin w/Jelly, Pineapple,
Milk
Teddy Grahams, Mixed Fruit, Water
Goldfish Cracker, Water

23
French Toast Sticks, Mandarin Oranges, Milk
Sunflower Butter & Jelly on Whole Grain Tortilla, Milk
Saltines Crackers, Water

30
Bagels w/Cream Cheese,
Pineapple Chunks, Milk
Egg Salad Sandwich on Whole Grain Bread, Apple Juice
Whole Grain Ritz Crackers, Water

Wednesday

3
French Toast Sticks, Mixed Fruit, Milk
Sunflower Butter & Jelly on Whole Grain on Tortilla, Milk
Goldfish Crackers, Water

10
Oatmeal, Mandarin Oranges,
Milk
Cheese Nips, Mixed Fruit, Water
Vanilla Wafers, Water

17
Yogurt, Granola, Blueberries Milk
Turkey & Cheese on Whole Grain Tortilla, Water
Assorted Crackers, Water

24
Oatmeal, Apple Slices, Milk
Goldfish Crackers, Pears, Water
CYP Closes at Noon

31
Scrambled Eggs w/Cheese,
Mandrin Oranges, Whole Grain Tortilla,
Milk
Blueberry Muffin, Grape Juice
Cheese Nips, Water

Thursday

4
Sausage Patty, Biscuit, Blueberries,
Milk
Ham & Cheese, Tea & Roll, Water
Cheese Nips, Water

11
Scramble Eggs & Cheese, Pears
Whole Grain Toast, Milk
Banana Muffin, Milk
Wheat Thins, Water

18
Hardboiled Eggs, Whole Grain Toast w/Jelly, Oranges Slices, Milk
Breadsticks w/Marinara, Cheese Sticks,
Water
Vanilla Wafers, Water

25
Holiday, Center Closed

Friday

5
English Muffins w/Cheese, Pineapple,
Milk
Bagel w/Cream Cheese, Grape Juice
Vanilla Wafers, Water

12
Waffles, Strawberries, Milk
Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, Water
Graham Cracker, Water

19
Whole Grain Cinnamon Toast,
Banana, Water
Chicken N Biskit Crackers, Watermelon,
Water
Cheese Nips, Water

26
Sausage Patty, Biscuit, Melon, Milk
Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, Water
Cheese Nips, Water

Breakfast:		1-2	3-5	6+	Lunch:		1-2	3-5	6+	Snack:		1-2	3-5	6+
Milk		1/2 cp	3/4 Cp	1cp	Milk		1/2 cp	3/4 cp	1cp	Milk		1/2cp	3/4cp	1cp
Grain		1/2oz.	1/2oz. Eq.	1 oz. Eq.	Grain		1/2 oz.	1/2 oz. Eq.	1 oz. Eq.	Grain		1/2 oz.	1/2 oz. Eq.	1 oz. Eq.
Fruit		1/2 oz.	1/2 oz. Eq.	1 oz. Eq.	Fruit		1/2 oz.	1/2 cp.	3/4 cp.	Fruit		1/2 oz.	1/2 cp.	3/4cp
					Vegetables		1/4 cp.	1/2 cp.	3/4 cp.			1 oz.	1.5 oz.	2 oz.
					Meat		1oz	1.5 oz	2 oz					