



DECEMBER

2020

BURNHAMWOOD CHARTER BREAKFAST



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th

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Mini Donuts

Juice
Fruit
Milk

1.

Scrambled eggs - Biscuit

Bacon
Juice
Fruit
Milk

2.

Cereal bar

Yogurt
Juice
Fruit
Milk

3.

Chocolate chip cookies

Cheese string
Juice
Fruit
Milk

4.

Assorted cereal

Cookies
Juice
Fruit
Milk

7.

Cinnamon sugar donut

Juice
Fruit
Milk

8.

Pancakes w syrup

Juice
Fruit
Milk

9.

Cinnamon roll

Juice
Fruit
Milk

10.

Egg sausage biscuit

Sandwich
Juice
Fruit
Milk

11.

Assorted cereal

Cookies
Juice
Fruit
Milk

14.

Breakfast Pizza

Juice
Fruit
Milk

15.

Potatoes w chorizo

Flour tortilla
Fruit
Milk

16.

Poptarts

Juice
Fruit
Milk

17.

French Toast w syrup

Juice
Fruit
Milk

18.

NO SCHOOL

21.

NO SCHOOL

22.

NO SCHOOL

23.

NO SCHOOL

24.

NO SCHOOL

25.

NO SCHOOL

28.

NO SCHOOL

29.

NO SCHOOL

30.

NO SCHOOL

31.

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GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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