




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December Snack Menu

***This menu is subject to change.**

				1 Fig Bars w/ Orange Slices Wheat Thins & String Cheese
4 Banana Pancakes w/ Milk Fresh Fruit Smoothie w/ Pretzel Twists	5 Egg and Cheese Scramble w/ Toast String Cheese, Apple Slices & Grapes	6 Cheerios w/ Milk Whole Wheat Crackers & Cream Cheese	7 Cream of Wheat w/ Strawberry Fruit and Yogurt	8 Waffle w/ Fruit Compote Whole Grain Goldfish w/ Fresh Fruit
11 Egg Breakfast Burrito Fresh Fruit and Cheese-It	12 Whole Wheat Bagels w/ Cream Cheese Bean and Salsa Dip w/ Tortilla Chips	13 Oatmeal w/ Blueberries Strawberry Yogurt & Animal Crackers	14 Pancakes w/ Milk Bagel Thins w/ Cream Cheese	15 French Toast w/ Fresh Fruit Wheat Thins, Baby Carrots & Grapes
18 Pancakes w/ Milk Fresh Fruit Smoothie Pretzel Twist	19 Egg & Cheese Scramble w/ Wheat English Muffin String Cheese & Apple Slices	20 Cheerios w/ Milk Whole Wheat Crackers & Cream Cheese	21 Cream of Wheat w/ Blueberries Fruit and Yogurt	22 Waffle w /Fruit Compote Whole Grain Goldfish w/Fresh Fruit
25 	26 Whole Wheat Bagels w/ Cream Cheese Orange Slices & Cheese It's	27 Oatmeal w/ Blueberries Strawberry Yogurt & Animal Crackers	28 Pancakes w/ Milk Wheat Bagel Thins w/ Cream Cheese	29 French Toast w/ Fresh Fruit Wheat Thins, Baby Carrots & Grapes



BURBANK COMMUNITY YMCA
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- This menu is subject to change.
- 1% Milk is served to children 2 and up.
- 2% Milk is served to children under 2 yrs.
- Water is served with every snack and is our primary source of beverage.
- A ½ serving of fresh fruits and/or vegetables is served with every snack.