

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Animals in the grass whole grain crackers cream cheese animal crackers and fruit	2
3	4 Whole grain bagel with cream cheese and green peppers and fruit	5 Gingerbread waffles made with whole grain flour and fruits	6 Gingerbread waffles made with whole grain flour and fruits	7 Christmas tree made out of grapes with whole grain crackers	8 Christmas tree made out of grapes with whole grain crackers	9
10	11 Whole grain tortilla with cream cheese and cheese with fruit	12 Apple Christmas tree with whole grain crackers	13 Apple Christmas tree with whole grain crackers	14 Nativity Snack out of fruit and whole grain crackers	15 Nativity Snack out of fruit and whole grain crackers	16
17	18 Reindeer treats with whole grain cereal and fruit	19 Reindeer treats with whole grain cereal and fruit	20 Rudolph Faces made with whole grain bread and fruit	21 Rudolph Faces made with whole grain bread and fruit	22	23
24	25	26	27	28	29	30
31						