

# ACADEMY DECEMBER MENU

**FREE** Breakfast & Snacks for Members



<b>1</b>  <b>B:</b> Egg/Cheese Omelet, Diced Peaches <b>S:</b> Oatmeal Bars, Diced Pears	<b>2</b>  <b>B:</b> Muffins, Pears <b>S:</b> Energy Bites, Peaches	<b>3</b>  <b>B:</b> Oatmeal Bar, Sliced Apples <b>S:</b> Carrots and Ranch, Goldfish	<b>4</b>  <b>B:</b> Greek Yogurt, Mandarin Oranges <b>S:</b> String Cheese, Freeze Dried Strawberries	<b>5</b>  <b>B:</b> Waffles, Pineapple <b>S:</b> Cottage Cheese, Pretzels
<b>8</b>  <b>B:</b> French Toast Stix, Peaches <b>S:</b> Egg Salad, Veggie Crisps	<b>9</b>  <b>B:</b> Cheerios, Diced Pears <b>S:</b> Popcorn, Cucumbers	<b>10</b>  <b>B:</b> Breakfast Burrito, Sliced Apples <b>S:</b> Turkey, Wheat Crackers	<b>11</b>  <b>B:</b> Hard Boiled Egg, Mandarin Oranges <b>S:</b> Oat & Honey Bars, Mandarin Oranges	<b>12</b>  <b>B:</b> Cottage Cheese, Pineapple <b>S:</b> Freeze Dried Strawberries, Goldfish
<b>15</b>  <b>B:</b> Egg/Cheese Omelet, Diced Peaches <b>S:</b> Pepperoni and String Cheese, Pickles	<b>16</b>  <b>B:</b> Breakfast Pizza, Pears <b>S:</b> Tortilla Chips and Salsa	<b>17</b>  <b>B:</b> Oatmeal Bar, Sliced Apples <b>S:</b> Yogurt, Graham Crackers	<b>18</b>  <b>B:</b> Greek Yogurt, Mandarin Oranges <b>S:</b> String Cheese, Mandarin Oranges	<b>19</b>  <b>B:</b> Waffles, Pineapple <b>S:</b> Energy Bites, Pineapple
<b>22</b>  <b>B:</b> Waffles, Peaches <b>L:</b> Hot Dogs, Corn, Peaches <b>S:</b> Cheerios, Freeze Dried Strawberries	<b>23</b>  <b>B:</b> Cinnamon Rolls, Pears <b>L:</b> Grilled Cheese, Tomato Soup, Green Beans, Pears <b>S:</b> Rice Cakes/Sunbutter, Pears	<b>24</b>  CLUB CLOSED	<b>25</b>  CLUB CLOSED	<b>26</b>  <b>B:</b> Breakfast Pizza, Pineapple <b>L:</b> Lasagna, Mixed Veggies, Pineapple <b>S:</b> String Cheese, Wheat Crackers
<b>29</b>  <b>B:</b> Egg/Cheese Omelet, Peaches <b>L:</b> Mini Tacos, Chuckwagon Corn, Peaches <b>S:</b> Celery/Sunbutter, Peaches	<b>30</b>  <b>B:</b> Muffins, Pears <b>L:</b> Chicken Patties, Green Beans, Pears <b>S:</b> Energy Bites, Pears	<b>31</b>  <b>B:</b> Waffles, Pineapple <b>L:</b> Mac and Cheese, Broccoli, Pineapple <b>S:</b> Cottage Cheese, Pretzels	<b>1</b>  CLUB CLOSED	<b>2</b>  <b>B:</b> Greek Yogurt, Mandarin Oranges <b>L:</b> Fish Sticks, Corn, Mandarin Oranges <b>S:</b> Tortilla Chips and Salsa

**Milk served with every breakfast**

**Allergy-Friendly Options Available:** Please Request Ahead of Time

**\*\*This menu is subject to change**

**Question? Contact: Heidi Freeman, Regional Culinary Operations Manager**

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**Phone:** (605) 692-3333 ext. 119

**B:** Breakfast **S:** Snack **L:** Lunch

# DECEMBER MENU

**FREE** Snacks & Dinner for Members



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>S:</b> Oatmeal Bars, Diced Pears  <b>D:</b> BBQ Meatballs	<b>2</b>  <b>S:</b> Energy Bites, Peaches  <b>D:</b> Dino Nuggets	<b>3</b>  <b>S:</b> Carrots and Ranch, Goldfish  <b>D:</b> Cheeseburgers	<b>4</b>  <b>S:</b> String Cheese, Freeze Dried Strawberries  <b>D:</b> Mac and Cheese	<b>5</b>  <b>S:</b> Cottage Cheese, Pretzels  <b>D:</b> Pizza
<b>8</b>  <b>S:</b> Egg Salad, Veggie Crisps  <b>D:</b> BBQ Meatballs	<b>9</b>  <b>S:</b> Popcorn, Cucumbers  <b>D:</b> Dino Nuggets	<b>10</b>  <b>S:</b> Turkey, Wheat Crackers  <b>D:</b> Cheeseburgers	<b>11</b>  <b>S:</b> Oat & Honey Bars, Mandarin Oranges  <b>D:</b> Mac & Cheese	<b>12</b>  <b>S:</b> Freeze Dried Strawberries, Goldfish  <b>D:</b> Pizza
<b>15</b>  <b>S:</b> Pepperoni and String Cheese, Pickles  <b>D:</b> BBQ Meatballs	<b>16</b>  <b>S:</b> Tortilla Chips and Salsa  <b>D:</b> Dino Nuggets	<b>17</b>  <b>S:</b> Yogurt, Graham Crackers  <b>D:</b> Cheeseburgers	<b>18</b>  <b>S:</b> String Cheese, Mandarin Oranges  <b>D:</b> Mac & Cheese	<b>18</b>  <b>S:</b> Energy Bites, Pineapple  <b>D:</b> Pizza
<b>22</b>  <b>B:</b> Waffles, Peaches <b>L:</b> Hot Dogs, Corn, Peaches <b>S:</b> Cheerios, Freeze Dried Strawberries <b>D:</b> BBQ Meatballs	<b>23</b> <b>B:</b> Cinnamon Rolls, Pears <b>L:</b> Grilled Cheese, Tomato Soup, Green Beans, Pears <b>S:</b> Rice Cakes/Sunbutter, Pears <b>D:</b> Dino Nuggets	<b>24</b>  <b>CLUB CLOSED</b>	<b>25</b>  <b>CLUB CLOSED</b>	<b>26</b> <b>B:</b> Breakfast Pizza, Pineapple <b>L:</b> Lasagna, Mixed Veggies, Pineapple <b>S:</b> String Cheese, Wheat Crackers <b>D:</b> Pizza
<b>29</b>  <b>B:</b> Egg/Cheese Omelet, Peaches <b>L:</b> Mini Tacos, Chuckwagon Corn, Peaches <b>S:</b> Celery/Sunbutter, Peaches <b>D:</b> BBQ Meatballs	<b>30</b>  <b>B:</b> Muffins, Pears <b>L:</b> Chicken Patties, Green Beans, Pears <b>S:</b> Energy Bites, Pears <b>D:</b> Dino Nuggets	<b>31</b>  <b>B:</b> Waffles, Pineapple <b>L:</b> Mac and Cheese, Broccoli, Pineapple <b>S:</b> Cottage Cheese, Pretzels <b>D:</b> Cheeseburger	<b>1</b>  <b>CLUB CLOSED</b>	<b>2</b> <b>B:</b> Greek Yogurt, Mandarin Oranges <b>L:</b> Fish Sticks, Corn, Mandarin Oranges <b>S:</b> Tortilla Chips and Salsa <b>D:</b> Pizza

Milk served with every dinner

**Allergy-Friendly Options Available:** Please Request Ahead of Time

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**B:** Breakfast **L:** Lunch **S:** Snack **D:** Dinner

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