

# DECEMBER 2023

## Maysville Public School

### BREAKFAST



**School Information:** Kristy McGowen @ 405-867-5550 or [mcgowenk@maysville.k12.ok.us](mailto:mcgowenk@maysville.k12.ok.us)  
**This Institution is An Equal Opportunity Provider.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

#### MONDAY



#### TUESDAY

#### WEDNESDAY



#### THURSDAY

#### FRIDAY

Pancakes w/Sausage  
Links or Cereal  
Fruit  
Milk

4

Sausage Biscuits w/Jelly  
Or Cereal  
Fruit  
Milk

5

Breakfast Pizza or  
Cereal  
Fruit  
Milk

6

Tornados or Cereal  
Fruit  
Milk

7

Chefs Choice

8

Waffles w/ Sausage  
Links or Cereal  
Fruit  
Milk

11

Sausage Biscuits  
w/Cheese or Cereal  
Fruit  
Milk

12

**National Cocoa Day**  
Biscuits w/Gravy or  
Cereal  
Fruit  
Milk

13

Tornados or Cereal  
Fruit  
Milk

14

Chefs Choice

15

Christmas Break

18

Christmas Break

19

Christmas Break

20

Christmas Break

21

Christmas Break

22

Christmas Break

25

Christmas Break

26

Christmas Break

27

Christmas Break

28

Christmas Break

29