




DECEMBER BREAKFAST



	Wednesday – 12/1 Grape Juice Oatmeal String Cheese Pancakes & Syrup	Thursday – 12/2 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel & Peanut Butter Tropical Fruit
Tuesday – 12/7 Orange Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg	Wednesday – 12/8 Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Cheddar Cheese Fresh Fruit	Thursday – 12/9 Grape Juice Turkey Sausage Biscuit Chocolate Chip Breakfast Round
Tuesday – 12/14 Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit	Wednesday – 12/15 Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit	Thursday – 12/16 Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit
Tuesday – 12/21 Grape Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup	Wednesday – 12/22 Orange Juice Turkey Sausage Biscuit w/ Swiss Cheese Raisin Bran Cereal	Thursday – 12/23 NO BREAKFAST DELIVERY HAPPY HOLIDAYS
Tuesday – 12/28 Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel Cream Cheese & Assorted Jelly Pineapple Tidbits	Wednesday – 12/29 Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	Thursday – 12/30 NO BREAKFAST DELIVERY happy new year

DEC	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	737	102.5	766
Week 2	737	96.3	932
Week 3	743	100.1	936
Week 4	676	90.0	935
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		



Feeling Good & Staying Connected-An Activity Guide

This activity guide offers tips on finding peace in the little moments. Some tips, tricks, and tools to help you take part in special experiences and learning, connect meaningfully with family and friends, and discover ways to feel calm, alive and positive.

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.

- Enroll in an online course-many are free!
- Research your ancestry
- Document your story
- Write a letter to a friend or family member
- Try digital tours of US national parks
- Join in virtual museum tours, festivals, and performances streamed online
- Choose an activity you think you will enjoy and get started
- Learn a new instrument, search online for lessons. YouTube has tutorials for almost everything.
- Create some visual arts-sketch, watercolor, photography
- Plant something-herbs or vegetables on the windowsill
- Check your local library-many offer free digital access to eBooks, audiobooks, and magazines

Think through what makes you smile to help with finding your purpose and create community.

- Start your day with a cup of coffee and a side of gratitude.
- Create a gratitude journal. At the start of each day, write 3-5 things that you are grateful for
- Create live or recorded experiences for your family, friends, or community.
- Think about options like a virtual or recorded story time, cooking lesson, or science experiments.

Reflect on your experience.

- Create a weekly checklist or schedule your daily activities at the beginning of each week
- Why did you choose that specific activity?
- How did it make you feel before, during, and after?
- Are you excited about doing the activity again?
- Don't forget to celebrate. Call a friend or family member and share your activity


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You don't have to be in the same room or even the same time zone to share a few laughs with family and friends. Here are some ideas to add some fun into your routine.

- Exchange your favorite recipes and share some stories or memories along the way.
- Do a virtual coffee chat or meal
- Share past photos. See who can guess the year the photo was taken.
- Challenge family and friends to a night of games.

Eating well, sleeping well, and staying active are important. Below are some creative ways to feel healthy and strong.

- Select a few stretches you can do daily. Use a timer or music for fun.
- Make a childhood favorite meal. Come up with ways to make your favorites more nutritious.
- Avoid screens an hour before bedtime.
- Try a cup of herbal tea before bed.
- Create white noise with a fan, machine, or smartphone app

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