December PES/PMS Breakfast Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  | 1  Pancake on a Stick  Fruit  Juice  Choice of Milk |
| 4  Muffin  Yogurt  Cereal  Fruit  Juice  Choice of Milk | 5  Gravy Biscuit  Yogurt  Cereal  Fruit  Juice  Choice of Milk | 6  Breakfast Pizza  \*Pop Tart & Yogurt  Cereal  Fruit  Juice  Choice of Milk | 7  Chicken Biscuit  Fruit  Juice  Choice of Milk | 8  Apple Frudel  Cereal  Fruit  Yogurt  Juice  Choice of Milk |
| 11  Sausage Biscuit  Cereal  Fruit  Juice  Choice of Milk | 12  Mini Strawberry Pancakes  Fruit  Juice  Choice of Milk | 13  Breakfast Pizza  \*Pop Tart & Yogurt  Cereal  Fruit  Juice  Choice of Milk | 14  Cheese Omelet  Toast  Fruit  Juice  Choice of Milk | 15  Breakfast Bagel  Fruit  Juice  Choice of Milk |
| 18  Chicken Biscuit  Fruit  Juice  Choice of Milk | 19  Cinni Minis  Cereal  Fruit  Juice  Choice of Milk |  |  |  |

\*Middle School To Go Option

\*\*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint\_filing\_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1)

mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; This institution is an equal opportunity provider.