

December 2017

Fayetteville High School

BREAKFAST



**** USDA is an equal opportunity employer & provider****

**** Manager reserves the right to change menu due to food availability****

****Breakfast includes: Choice of (1) Grain entrée, Milk and Fruit/Juice****



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



French Toast w/syrup
Or
Bagel w/cream chz
Or
Cinn Toast Crunch Bar
Applesauce
Orange Juice
Milk

4

Tuesday

Steak & Egg Biscuit
Or
Apple Frudel
Or
Coco Puff Cereal Bar
Diced Peaches
Apple Juice
Milk

5

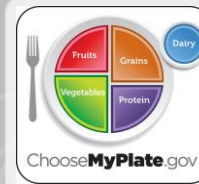
Wednesday



Egg & Chz English Muffin
Or
Choc Chip Oatmeal Bar
Or
French Toast w/syrup
Mixed Fruit
Orange Juice
Milk

6

Thursday



Pancakes w/syrup
or
Breakfast Burrito
Or
Trix Cereal Bar
Diced Pears
Apple Juice
Milk

7

Friday

Breakfast Pizza
Or
Choc Chip Muffin
Or
Cinn Toast Crunch Bar
Mixed Fruit
Apple Juice
Milk

1

Steak Biscuit
or
Cinn Toast Crunch Bar
Or
French Toast w/syrup
Diced Peaches
Apple Juice
Milk

11

Sausage Egg Chz Muffin
Or
Bagel w/cream chz
Or
Choc Chip Oatmeal Bar
Strawberry Cups
Orange Juice
Milk

12

Pancake Sausage Stick
Or
Blueberry Muffin
Or
Coco Puffs Cereal Bar
Diced Pears
Grape Juice
Milk

13

Chicken Biscuit
Or
Breakfast Tornado Stick
Or
Trix Cereal bar
Pineapple Tidbits
Orange Juice
Milk

14

Breakfast Pizza
Or
Choc Chip Muffin
Or
Cinn Toast Crunch Bar
Mixed Fruit
Apple Juice
Milk

15

French Toast w/syrup
Or
Bagel w/cream chz
Or
Cinn Toast Crunch Bar
Applesauce
Orange Juice
Milk

18

Steak & Egg Biscuit
Or
Apple Frudel
Or
Coco Puff Cereal Bar
Diced Peaches
Apple Juice
Milk

19

Half
Day

20

Christmas
Break

21

Christmas
Break

22

Christmas
Break

25

Christmas
Break

26

Christmas
Break

27

Christmas
Break

28

Christmas
Break

29