

# December 2017

## Ralph Askins Elementary

### 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

Tuesday

Wednesday

Thursday

Friday



Pancakes w/syrup  
Or  
Choc Chip Oatmeal Bar  
Applesauce  
Orange Juice  
Milk

4

Bacon Biscuit  
Or  
Cinn Toast Crunch Cereal  
Diced Peaches  
Apple Juice  
Milk

5

Sausage, Egg & Chz on  
English Muffin  
Or  
Keebler Graham Gripz  
Mixed Fruit  
Orange Juice  
Milk

6

Breakfast Pizza  
Or  
Choc Chip Muffin  
Strawberry Cups  
Apple Juice  
Milk

7

Breakfast Pizza  
Or  
Keebler Animal Crackers  
Mixed Fruit  
Apple Juice  
Milk

1

Chicken Sliders  
Or  
Lucky Charms Cereal  
Diced Pears  
Orange Juice  
Milk

8

Sausage Biscuit  
or  
Cinn Toast Crunch Cereal  
Diced Peaches  
Apple Juice  
Milk

11

French Toast w/syrup  
Or  
BlueBerry Muffin  
Strawberry Cups  
Orange Juice  
Milk

12

Egg & Chz Omelet w/Muffin  
Or  
Cherry Frudel  
Diced Pears  
Apple Juice  
Milk

13

Beef Steak Biscuit  
Or  
Lucky Charms Cereal  
Pineapple Tidbits  
Orange Juice  
Milk

14

Breakfast Pizza  
Or  
Keebler Animal Crackers  
Mixed Fruit  
Apple Juice  
Milk

15

Pancakes w/syrup  
Or  
Choc Chip Oatmeal Bar  
Applesauce  
Orange Juice  
Milk

18

Bacon Biscuit  
Or  
Cinn Toast Crunch Cereal  
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