


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	French Toast Sticks Sausage Fruit Assorted Juice Milk	Grits Cheese Quesadilla or Cheese Toast Fruit Assorted Juice Milk	Oatmeal w/Yogurt or Cereal w/Yogurt Fruit Assorted Juice Milk	Biscuit w/Egg Square* Sausage Patty Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 10 th -14 th Cycle 3	Mini Waffles or Pancakes w/Sausage Patty Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni Minis w/Yogurt or Shiver Shock Smoothie w/Cereal Bar Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Pop Tart & Yogurt or Cereal & Yogurt Assorted Juice Milk
WEEK OF 17th-18th Cycle 4 **WINTER BREAK 19TH -21ST**	Breakfast Sandwich Or Cereal w/Yogurt Fruit Assorted Juice Milk	Breakfast Wrap or Bagel w/Cream Cheese* Fruit Assorted Juice Milk *Supplemental Bid*			
WEEK OF 24th -28th Cycle 5 **WINTER BREAK**					
WEEK OF 31 ST Cycle 1 **WINTER BREAK**			*Use the commodity egg square as indicated on the menu*		

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DECEMBER

MENUS ARE SUBJECT TO CHANGE
WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE
OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT
SERVED DAILY

100% FORTIFIED FRUIT JUICE
SERVED DAILY

Fun Fact:

The basic formula for breakfast: Pair carbs with proteins. The carbs give your body energy to get started and your brain the fuel it needs to take on the day. Protein gives you staying power and helps you feel full until your next meal.