


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheese Toast w/Sausage *Commodity Egg Patty* Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cereal Bar w/Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Pancakes or Waffles w/Sausage Fruit Assorted Juice Milk	Breakfast Pizza or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 10 th -14 th Cycle 2	French Toast Sticks w/Sausage Links Fruit Assorted Juice Milk	Grits w/Cheese Quesadilla OR Cheese Toast Fruit Assorted Juice Milk	Oatmeal w/Yogurt Or Cereal w/Yogurt Fruit Assorted Juice Milk	Biscuit w/Sausage & Egg Square Fruit Assorted Juice Milk	Breakfast Bagel OR Cereal w/Cheese String Fruit Assorted Juice Milk
WEEK OF 17 TH - 18 TH Cycle 3 **WINTER HOLIDAY 19TH - 21ST**	Mini Waffles or Pancakes w/Sausage Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk			
WEEK OF 24 th - 28 TH Cycle 4 **WINTER HOLIDAY**					
WEEK OF 31 ST Cycle 5 **WINTER HOLIDAY**			*If you have the commodity egg patty on hand, please use it on the indicated days*		

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.

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