

December 2017

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

BREAKFAST



School Information: Breakfast Price: \$1.50

Menu Subject to Change

"USDA is an equal opportunity provider and employer."



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

*Earn extra money part-time
Work as a substitute in our
School Lunch Department
www.schoolspring.com*

Wednesday

Thursday



Friday

Assorted Fruit
Assorted Cereal
English Muffin w/Jelly
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Frosted Mini Wheats Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Lucky Charms Cereal
Blueberry Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Bagel w/Cream Cheese
Frosted Flakes Cereal
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Cocoa Puffs Cereal
WW Toast w/Jelly
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Assorted Cereal
Assorted Muffins
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Cheerios Cereal
French Toast Sticks w/Syrup
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Rice Krispies Cereal
Corn Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Corn Flakes Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Cocoa Krispie Cereal
WW Toast w/Jelly Or Butter
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Cinnamon Toast Crunch
Assorted Muffins
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Frosted Flakes Cereal
Corn Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Luck Charms Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Cocoa Puffs Cereal
French Toast Sticks w/Syrup
Chilled Juice
Choc. Or White Milk

Assorted Fruit
Kix Cereal
Egg Patty w/WW Toast
Chilled Juice
Choc. Or White Milk

**Christmas Break
No School**



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27

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Have a wonderful holiday!