




December 2017

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Excellent Egg Taco w/ Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Milk	2	3
4 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	5 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	6 Whole Wheat Bagel w/Toppings Fresh Strawberries Fruit Juice Milk	7 Breakfast Pizza w/Tomato Salsa Sliced Pears Fruit Juice Milk	8 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Milk	9	10
11 Whole Grain Cereal Yogurt Cup Apple Fruit Juice Milk	12 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	13 Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Milk	14 Western Omlet Quesadilla w/Tomato Salsa Fresh Grapes Fruit Juice Milk	15 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	16 	17
18 Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Milk	19 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	20 Biscuit & Gravy Fresh Banana Fruit Juice Milk	21 22 <div style="border: 1px solid black; padding: 10px; display: inline-block;">CHRISTMAS BREAK</div>		23 	24
25 This institution is an equal opportunity provider	26 27 28 29 30 31 <div style="border: 1px solid black; padding: 20px; display: inline-block;">CHRISTMAS BREAK</div>					
		<p>NOTES: Downsize Plates: Did you know that dinner plates are actually 3" - 4" larger than they were a generation ago? Try instantly reducing portions by bringing plates back down to size. For instance, serve dinner on salad plates. Or use cups instead of bowls.</p>				