



CHARTER COLD BREAKFAST MENU - DECEMBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JUICE		APPLE		BANANA		ORANGE		PEAR	
3		4		5		6		7	
WHEAT BAGEL CREAM CHEESE 100% FRUIT JUICE 1% OR FAT FREE MILK	1 (3 OZ) 1 OZ 8 FL OZ 8 FL OZ	CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK	1 (3.6 OZ) 1 8 FL OZ	FROSTED SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	DOUBLE CHOCOLATE MUFFIN FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 8 FL OZ	MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ
10		11		12		13		14	
BLUEBERRY MUFFIN BEAR GRAHAMS 100% FRUIT JUICE 1% OR FAT FREE MILK	1 (3.15 OZ) 1 PACK 8 FL OZ 8 FL OZ	WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 OZ 1 8 FL OZ	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK	1 (3.6 OZ) 1 8 FL OZ	HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ
17		18		19		20		21	
24		25		26		27		28	
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