

## December 2018

### AASD Secondary School Breakfast Menu

|           |    |                                   |
|-----------|----|-----------------------------------|
| Monday    | 3  | Rainbow Glazed Donuts             |
| Tuesday   | 4  | Ham, Egg and Cheese Bagel         |
| Wednesday | 5  | French Toast Sticks               |
| Thursday  | 6  | Sausage, Egg, and Cheese Sandwich |
| Friday    | 7  | Waffles with Bacon                |
| Monday    | 10 | Rainbow Glazed Donuts             |
| Tuesday   | 11 | Sausage, Egg and Cheese Bagel     |
| Wednesday | 12 | Breakfast Pizza                   |
| Thursday  | 13 | Ham, Egg, and Cheese Croissant    |
| Friday    | 14 | Pancakes with Bacon               |
| Monday    | 17 | Rainbow Glazed Donuts             |
| Tuesday   | 18 | Ham, Egg and Cheese Bagel         |
| Wednesday | 19 | French Toast Sticks               |
| Thursday  | 20 | Sausage, Egg, and Cheese Sandwich |
| Friday    | 21 | NO SCHOOL INSERVICE               |
| Monday    | 24 | NO SCHOOL                         |
| Tuesday   | 25 | NO SCHOOL CHRISTMAS               |
| Wednesday | 26 | NO SCHOOL                         |
| Thursday  | 27 | NO SCHOOL                         |
| Friday    | 28 | NO SCHOOL                         |
| Monday    | 31 | NO SCHOOL                         |

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

**Alternative Breakfast Entrée:** Assorted Cereal with Toast or Assorted Poptarts with Toast.

**Whole grain cereal selection may include:** Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms and Honey Nut Cheerios.

**What is a Meal?** You must choose at least 3 items. One must be a ½ cup of fruit.

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**What is an Item?** Grain, Protein, Choice of Fruit, or Choice of Milk

**Daily fruit selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% fruit juice.

**Breakfast Prices:** Student \$1.00. Reduced \$0.30. Adult \$2.10.

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