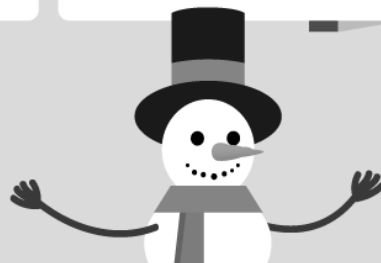


DECEMBER 2018

BEARS' DEN CAFÉ

All meals are to be paid for in advance.
Breakfast \$1.65/ \$8.25 per week

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza 3	Chef Ed's Homemade Pancakes Syrup Sausage 4	Chef Ed's Homemade Muffin Fruit Smoothie 5	Sausage, Egg & Cheese Biscuit 6	Cereal Choice String Cheese 7
Cereal Choice Animal Crackers 10	Chef Ed's Homemade Pancakes Syrup Ham 11	Egg, Cheese and Turkey Bacon Croissant 12	French Toast Sticks Sausage 13	Toasted Bagel Cream Cheese Yogurt 14
Toasted Cheese, Turkey Bacon and Egg Sandwich 17	Chef Ed's Homemade Pancakes Syrup Sausage 18	Chef Ed's Homemade Muffin Fruit Smoothie 19	Fresh Scrambled Eggs Toasted English Muffin 20	Breakfast Dog-Sausage, Egg & Cheese on a Toasted Hot Dog Roll 21
 24	HAVE A 25	GREAT 26	VACATION! 27	 28
 31				



All meals are served with Fruit, Salad and/or Vegetable. Ice cold milk served with every meal. All breaded chicken products used are whole grain and whole muscle, real meat. Our ketchup and tomato products do not contain high fructose corn syrup. All breads, pastas and cereals are whole grain. Questions about the menu or a student balance? Contact Linda Mailhot 422- 2017 ext. 119 or lmailhot@rsu24.org During the fall harvest months, we may change the menu to accommodate weekly harvest availability. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. USDA is an equal opportunity provider and employer.