

Secondary Breakfast Menu



December 2018

BREAKFAST



DECEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
3rd-7th	French Toast V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Strawberries Stuffed Mini Bagels V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V	Cheesy Scrambled Eggs and Toast V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Egg and Cheese on a Bagel V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Pizza Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V
10th-14th	Sausage English Muffin Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Pizza Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V	Biscuit with Jam V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Bacon and Egg English Muffin Colby Cheese Omelet with Toast V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Burrito Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V
17th-21st	Egg and Cheese English Muffin Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Sausage Breakfast Biscuit V Banana Bread with String Cheese V Cereal/Cereal Bars V Muffins/Pop-tarts V	Egg and Cheese Bagel V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Cinni Minis V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Burrito Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V

**December 19th – January 4th
Winter Break**

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 1 oz eq grain, 1 cup fruit, and 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian! Nutritional Information is available upon request.