




December 2018

InSeason!Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!

May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>03</p> <p>Cold Cereal & Grahams or Waffles <i>Variety Fruit Fruit Juice</i></p>	<p>04</p> <p>Cold Cereal & Grahams or Breakfast Pizza <i>Variety Fruit Fruit Juice</i></p>	<p>05</p> <p>Cold Cereal & Grahams or Egg & Cheese Muffin <i>Variety Fruit & Juices</i></p>	<p>06</p> <p>Cold Cereal & Grahams or Breakfast Pizza <i>Variety Fruit Fruit Juice</i></p>	<p>07</p> <p>Cold Cereal & Grahams or Apple Bear Paw <i>Variety Fruit Fruit Juice</i></p>
<p>10</p> <p>Cold Cereal & Grahams or Pancake <i>Variety Fruit Fruit Juice</i></p>	<p>11</p> <p>Cold Cereal & Grahams or Breakfast Pizza <i>Variety Fruit Fruit Juice</i></p>	<p>12</p> <p>Cold Cereal & Grahams or Sausage & Cheese Biscuit <i>Variety Fruit & Juices</i></p>	<p>13</p> <p>Cold Cereal & Grahams or Breakfast Pizza <i>Variety Fruit Fruit Juice</i></p>	<p>14</p> <p>Cold Cereal & Grahams or Cinnamon Roll <i>Variety Fruit Fruit Juice</i></p>
<p>17</p> <p>Cold Cereal & Grahams or Mini Cinnis <i>Variety Fruit Fruit Juice</i></p>	<p>18</p> <p>Cold Cereal & Grahams or Breakfast Pizza <i>Variety Fruit Fruit Juice</i></p>	<p>19</p> <p>Cold Cereal & Grahams or Breakfast Tornado <i>Variety Fruit Fruit Juice</i></p>	<p>20</p> <p>Cold Cereal & Grahams or Breakfast Pizza <i>Variety Fruit Fruit Juice</i></p>	<p>21</p> <p>Cold Cereal & Grahams or Strawberry Smoothie & Grahams <i>Variety Fruit & Juice</i></p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
NO SCHOOL WINTER BREAK				
<p>31</p>				
NO SCHOOL WINTER BREAK				

Announcements

Menu Subject to Change
All Meals include White 1% or Chocolate non-fat Milk

The USDA and the CDE are equal opportunity providers and employers

Meal Prices

Breakfast: \$1.25
Reduced Price: \$0.25

On-Line Payments can be made at
www.EZSchoolPay.com