

CHRIST THE KING CONTINUING EDUCATION

DECEMBER 2018 MVP BREAKFAST MENU

WEEKLY NUTRITIONAL TOTALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	3 MUFFIN 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	4 EGGS 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	5 YOGURT 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	6 FRENCH TOAST 2 oz. French Toast Sticks 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	7 BAGELS 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c 1 c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	10 MUFFIN 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	11 EGGS 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	12 YOGURT 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	13 PANCAKES 2 oz. Pancakes 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	14 BAGELS 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c 1 c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	17 MUFFIN 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	18 EGGS 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	19 YOGURT 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	20 FRENCH TOAST 2 oz. French Toast Sticks 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	21 BAGELS 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c 1 c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	24 WINTER BREAK NO SCHOOL	25 WINTER BREAK CHRISTMAS NO SCHOOL	26 WINTER BREAK NO SCHOOL	27 WINTER BREAK NO SCHOOL	28 WINTER BREAK NO SCHOOL
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	31 WINTER BREAK NEW YEARS NO SCHOOL				