



Breakfast Menu

December 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
November 28 WG Lucky Charms Cheez Its 100% Juice Box Milk	November 29 Yogurt w/ Granola Fruit Milk	November 30 WG Bagel w/ Cream Cheese Fruit Milk	December 1 WG Apple Jacks Goldfish 100% Juice Box Milk	December 2 WG Apple Cinnamon Muffin Fruit Milk
December 5 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk	December 6 Yogurt w/ Granola Fruit Milk	December 7 WG Bagel w/ Cream Cheese Fruit Milk	December 8 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	December 9 WG Orange Muffin Fruit Milk
December 12 WG Lucky Charms Cheez Its 100% Juice Box Milk	December 13 Yogurt w/ Granola Fruit Milk	December 14 WG Bagel w/ Cream Cheese Fruit Milk	December 15 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	December 16 WG Corn Muffin Fruit Milk
December 19 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk	December 20 Yogurt w/ Granola Fruit Milk	December 21 WG Bagel w/ Cream Cheese Fruit Milk	December 22 WG Apple Jacks Goldfish 100% Juice Box Milk	December 23 WG Blueberry Muffin Fruit Milk
December 26 WG Lucky Charms Cheez Its 100% Juice Box Milk	December 27 Yogurt w/ Granola Fruit Milk	December 28 WG Bagel w/ Cream Cheese Fruit Milk	December 29 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	December 30 WG Chocolate Chip Muffin Fruit Milk

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos