

December 2019

Kittitas School District

BREAKFAST



School Information: Kittitas Schools is an Equal Opportunity Provider



Nutrition Tip: Children who consume yogurt consume at least 12% more bone health promoting nutrients: Calcium, Vitamin D, Potassium.
Reference: NHANES 2013-14

Monday

Blueberry Oat Muffin **2**
Fruit
Juice
Milk

Yogurt **9**
Granola
Toast
Fruit
Juice
Milk

Cereal **16**
Toast
Fruit
Juice
Milk

NO **23**
SCHOOL

NO **30**
SCHOOL

Tuesday

Bagel **3**
Cream Cheese
Fruit
Juice
Milk

Bagel **10**
Cream Cheese
Fruit
Juice
Milk

Bagel **17**
Cream Cheese
Juice
Fruit
Milk

NO **24**
SCHOOL

NO **31**
SCHOOL

Wednesday

Benefit Bar **4**
Fruit
Juice
Milk

Nutri Grain Bar **11**
Fruit
Juice
Milk

Benefit Bar **18**
Fruit
Juice
Milk

NO **25**
SCHOOL

Menu Subject to Change
Milk \$.50



Thursday

Toast **5**
Cereal
Fruit
Juice
Milk

Benefit Bar **12**
Juice
Fruit
Milk

English Muffin **19**
Cheese
Fruit
Milk

NO **26**
SCHOOL;

Prices
Elem. \$ 1.90
Secondary \$ 2.00

Friday

Pancakes **6**
Fruit
Juice
Milk

French Toast **13**
Fruit
Juice
Milk

Pancakes **20**
Fruit
Juice
Milk

NO **27**
SCHOOL

