

DECEMBER 2022 DECA PREP/MIDDLE

Breakfast Calendar

Breakfast Meal Pattern - K-8th
Select a minimum of 3 components

- 1 fruit/ vegetable = 1 cup
- fruit/juice and/or vegetable
- 1 whole grain rich selection(s) = 1oz
- biscuit, roll, muffin, bread, cereal
- 1 milk = 1 Cup
- fluid milk

Menu is subject to change
without notice



Mon	Tue	Wed	Thu	Fri
			1 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices	2 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk
5 Vanilla Goldfish Yogurt 100% Fruit Juice Applesauce Cup Milk	6 Teddy Grahams Cold Cereal 100% Fruit Juice Cranberries Milk	7 Cinnamon Bun 100% Fruit Juice Apple Slices Milk	8 Cereal Bar 100% Fruit Juice Apple Milk	9 Mini Muffins GoGurt 100% Fruit Juice Cherry Craisins Milk
12 Cold Cereal Chewy Granola 100% Fruit Juice Cherry Craisins Milk	13 Super Donut GoGurt 100% Fruit Juice Cranberries Milk	14 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	15 Mini Cinnamon Pull Apart Cheese Sticks Cranberries 100% Fruit Juice Milk	16 NO SCHOOL
19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL

**This institution is an
equal opportunity
provider.**

