

Junior High Breakfast Menu December 2022

Breakfast Prices: paid \$1.75, reduced \$0.30 or free (F/R meal applications needed for discounted prices) Choose 1 or 2 grains, 1 protein, fruit and milk

F/R meal applications needed for discounted prices) Menu may change without notice due to supply chain shortages

Monday	Tuesday	Wednesday	Thursday	Friday
			1. <u>Grains</u> cream cheese filled bagel, cereal <u>Protein</u> hard cooked egg, yogurt fruit and milk	2. <u>Grains</u> cereal bar, cereal <u>Protein</u> Beef stick, string cheese fruit and milk
5. <u>Grains</u> breakfast bar, cereal <u>Protein</u> Yogurt fruit and milk	6. <u>Grains</u> waffle, cereal <u>Protein</u> sausage, string cheese fruit and milk	7. <u>Grains</u> Scone, cereal <u>Protein</u> Smoothie or yogurt fruit and milk	8. <u>Grains</u> Mini cinni, cereal <u>Protein</u> hard cooked egg, string cheese fruit and milk	9. <u>Grains</u> Nutri-grain bar, cereal <u>Protein</u> Gogurt, cheese fruit and milk
12. <u>Grains</u> Breakfast bar, cereal <u>Protein</u> Gogurt, string cheese fruit and milk	13 <u>Grains</u> cereal, granola bar <u>Protein/grain</u> Pancake on a stick fruit and milk	14. <u>Grains</u> Bagel, cereal <u>Protein</u> Peanut butter, cream cheese, sausage patty fruit and milk	15. <u>Grains</u> Cereal bar, cereal <u>Protein</u> Yogurt, beef stick fruit and milk	16. Cook's choice fruit and milk
19. Cook's choice fruit and milk	20. Cook's choice fruit and milk	21. Winter Break 	22. Winter Break	23. Winter Break
26. Winter Break	27. Winter Break	28. Winter Break	29. Winter Break	30. Winter Break