

December 2023

DECA HIGH

Breakfast Calendar

Breakfast Meal Pattern - 9-12th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =

minimum 2oz -- biscuit, roll, muffin,

bread, cereal

1 milk = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability**



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

Mon	Tue	Wed	Thu	Fri
				1 Mini Pancakes Turkey Bacon Cold Cereal Yogurt 100% Fruit Juice Apples
4 Super Donut Cereal Bar Cheese Stick 100% Fruit Juice Cranberries	5 Wg Bagel/Jelly Cream Cheese Teddy Graham Yogurt 100% Fruit Juice Raisins	6 Pop Tart Turkey Bacon Cold Cereal 100% Fruit Juice Banana	7 Cereal Bar Cheddar Goldfish Yogurt 100% Fruit Juice Apple	8 Breakfast Bagel w//Turkey Sausage Cheese/Egg Cinn Goldfish Yogurt 100% Fruit Juice Apple
11 Apple Strudel Nutri Grain Bar 100% Fruit Juice Raisins	12 Cinnamon Bun Cereal Bar Cheddar Goldfish 100% Fruit Juice Banana	13 Pop Tart Cold Cereal Cheese Sticks 100% Fruit Juice Cranberries	14 Mini Muffins Cold Cereal /Bug Bites/Yogurt 100% Fruit Juice Apple Slices Cranberries	15 Super Donut Turkey Sausage Cinn Goldfish 100% Fruit Juice Apple Slices
18 Mini Cinni Cheddar Goldfish Yogurt 100% Fruit Juice Apples	19 Pop Tart Nutri Grain Bar Cheese Sticks 100 % Fruit Juice Apple Slices	20 Super Donut Chat Snax GoGurt 100% Fruit Juice	21 No School 	22 No School 
25 No School	26 No School	27 No School	28 No School	29 No School
				