

December 2023

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vanilla Mini Loaf w/ String Cheese Apple Plum 1% Low Fat White Fat Free White Milk
4 Cheerios Cereal w/ Honey Grahams Orange (1/2 C) Apple 1% Low Fat White Fat Free White Milk	5 Vanilla Concha Orange (1/2 C) Pear 1% Low Fat White Fat Free White Milk	6 Frosted Flakes Cereal w/ Honey Grahams Yogurt w/ Honey Grahams 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk	7 Waffle w/ Syrup Banana (1/2 C) Pear 1% Low Fat White Fat Free White Milk	8 Cinnamon Chex Cereal w/ Honey Grahams Cranberry Oatmeal Round Apple Plum 1% Low Fat White Fat Free White Milk
11 Cheerios Cereal w/ Honey Grahams Mantecada Sweet Bread Orange (1/2 C) Apple 1% Low Fat White Fat Free White Milk	12 Vanilla Concha Blueberry Yogurt Parfait w/ Honey Grahams Orange (1/2 C) Pear 1% Low Fat White Fat Free White Milk	13 Frosted Flakes Cereal w/ Honey Grahams Banana Bread 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk	14 Lemon Muffin Banana (1/2 C) Pear 1% Low Fat White Fat Free White Milk	15 Cinnamon Chex Cereal w/ Honey Grahams Bagel w/ Cream Cheese Apple Plum 1% Low Fat White Fat Free White Milk
18 Cheerios Cereal w/ Honey Grahams Orange (1/2 C) Apple 1% Low Fat White Fat Free White Milk	19 Vanilla Concha Orange (1/2 C) Pear 1% Low Fat White Fat Free White Milk	20 Frosted Flakes Cereal w/ Honey Grahams 100% Fruit Juice 4 oz Apple 1% Low Fat White Fat Free White Milk	21	22



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.
This institution is an equal opportunity provider. **Menus are subject to change without notice.**