



# December 2024

Milk Options: 1% Low-fat Milk, Chocolate Fat-Free Milk  
A variety of assorted 100% fruit juices are available

A Program meal must include food from at least 3 food groups. 1 item must be ½ cup of fresh fruit, or 100% fruit juice to follow USDA guidelines for the NSLP.

**V:** Lacto-ovo Vegetarian. May contain milk and/or eggs  
**WG:** Whole Grain rich.

## Council Rock Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Double Chocolate Chip Muffin with Graham Crackers (V,WG) Cheerios Cereal (V,WG) Fresh Apple Slices</p>	<p><b>3</b></p> <p>Confetti Pancakes with Maple Syrup (V,WG) Blueberry Nutri Grain Bar (V,WG) Fresh Orange Wedges</p>	<p><b>4</b></p> <p>Peach Yogurt Parfait w/Bug Bite Graham Crackers (V,WG) Frosted Strawberry Pop Tart (V,WG) Applesauce</p>	<p><b>5</b></p> <p>Glazed Cinnamon Roll (V,WG) Cocoa Puffs Cereal (V,WG) Fresh Banana</p>	<p><b>6</b></p> <p>Mini Strawberry Cream Cheese Bagel (V,WG) Cinnamon Toast Crunch Cereal (V,WG) Craisins</p>
<p><b>9</b></p> <p>Cinnamon Sugar Donut Holes (V,WG) Cheerios Cereal (V,WG) Fresh Apple Slices</p>	<p><b>10</b></p> <p>French Toast Sticks with Maple Syrup (V,WG) Blueberry Nutri Grain Bar (V,WG) Fresh Orange Wedges</p>	<p><b>11</b></p> <p>Egg &amp; Cheese Bagel (V,WG) Frosted Cinnamon Pop Tart (V,WG) Applesauce</p>	<p><b>12</b></p> <p>Apple Frudel (V,WG) Cocoa Puffs Cereal (V,WG) Fresh Banana</p>	<p><b>13</b></p> <p>Mini Cinnamon Cream Cheese Bagels (V,WG) Trix Cereal Bar (V,WG) Craisins</p>
<p><b>16</b></p> <p>Mini Powdered Sugar Donut Holes (V,WG) Oatmeal Choco Chip Bar (V,WG) Fresh Apple Slices</p>	<p><b>17</b></p> <p>Eggo Maple Mini Pancakes w/Syrup (V,WG) Blueberry Nutri Grain Bar (V,WG) Fresh Orange Wedges</p>	<p><b>18</b></p> <p>Berry Banana Smoothie w/Scooby Doo Cinna Grahams (V,WG) Frosted Fudge Pop Tart (V,WG) Applesauce</p>	<p><b>19</b></p> <p>Turkey Sausage Pancake Wrap (WG) Lucky Charms Cereal (V,WG) Fresh Banana</p>	<p><b>20</b></p> <p>Bagel w/ Cream Cheese (V,WG) French Toast Bar (V,WG) Craisins</p>
<p><b>23</b></p> <p>SCHOOL CLOSED</p>	<p><b>24</b></p> <p>SCHOOL CLOSED</p>	<p><b>25</b></p> <p>SCHOOL CLOSED</p>	<p><b>26</b></p> <p>SCHOOL CLOSED</p>	<p><b>27</b></p> <p>SCHOOL CLOSED</p>
<p><b>30</b></p> <p>SCHOOL CLOSED</p>	<p><b>31</b></p> <p>SCHOOL CLOSED</p>			
<p><b>30</b></p> <p>SCHOOL CLOSED</p>				