

LUNCHPAD

DECEMBER 2024

Council Rock Breakfast Menu

Fruit Options: Banana, Orange Wedges, Apples, Apple Sauce, Pears, Raisins, Craisins, Peaches, Mixed Fruit, Cinnamon Apples, Apricot

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

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

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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 2 Maple Mini Pancake Bites with Syrup (V, WG) | 3 Egg & Cheese on an English Muffin (WG) | 4 Strawberry & Apple Smoothie (V) | 5 Sausage & Cheese on a Bagel (WG) | 6 Chocolate Filled Donut Holes (V, WG) |
| 9 French Toast Sticks with Maple Syrup (V, WG) | 10 Egg & Cheese on an English Muffin (WG) | 11 Yogurt Parfait Bar (V) | 12 Turkey Pancake Wrap (WG) | 13 Glazed Cinnamon Roll (V, WG) |
| 16 Eggoji Waffles with Maple Syrup (V, WG) | 17 Powdered Sugar Donut Holes (V, WG) | 18 Berry, Banana & Apple Smoothie (V) | 19 Egg, Cheese & Bacon Breakfast Maple Flatbread (WG) | 20 Cinnamon Churro Bites (V, WG) |
| 23 SCHOOL CLOSED | 24 SCHOOL CLOSED | 25 SCHOOL CLOSED | 26 SCHOOL CLOSED | 27 SCHOOL CLOSED |
| 30 SCHOOL CLOSED To See our Gluten-Free Menu Scan Here  | 31 SCHOOL CLOSED  | EVERYDAY MENU <ul style="list-style-type: none"> Assorted Yogurt Parfaits may include Blueberry, Strawberry, Banana, Peach Bagel with Cream Cheese Assorted WG Cereals may include Cheerios, Cinnamon Toast Crunch, Lucky Charms, Cocoa Puffs, Trix Assorted WG Pop-Tarts may include Cinnamon, Strawberry, Fudge Assorted WG Muffins may include Chocolate, Apple Cinnamon, Banana, Blueberry Assorted WG Cereal Bars may include Cinnamon Toast Crunch, Trix, Golden Grahams, Cocoa Puffs Assorted WG Crackers may include Goldfish, Honey or Chocolate Grahams | | |