

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Benefit Bars Assorted Fruit or Juice Choice of Milk	2 Assorted Pop Tarts w/ Crackers Assorted Fruit or Juice Choice of Milk	3 Assorted Muffin Tops Assorted Fruit or Juice Choice of Milk	4 Fresh Cinnamon Roll Assorted Fruit or Juice Choice of Milk	5 Goody Ring Assorted Fruit or Juice Choice of Milk
8 Assorted Cereal Bar w/ Crackers Assorted Fruit or Juice Choice of Milk	9 Mini Cream Cheese Bagels Assorted Fruit or Juice Choice of Milk	10 Pull-a-part Donuts Assorted Fruit or Juice Choice of Milk	11 Assorted Zee Zee Bar Assorted Fruit or Juice Choice of Milk	12 Mini Chocolate Donuts Assorted Fruit or Juice Choice of Milk
15 Assorted Crescent Assorted Fruit or Juice Choice of Milk 	16 Assorted Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk	17 Assorted Frudels Assorted Fruit or Juice Choice of Milk 	18 Assorted Muffins Flats Assorted Fruit or Juice Choice of Milk	19 Dipped Donuts Assorted Fruit or Juice Choice of Milk
22 Assorted Soft Filled Cereal Bars Assorted Fruit or Juice Choice of Milk	23 Cinnamon Bun Assorted Fruit or Juice Choice of Milk	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
			<h1>Happy Holidays</h1> <p>Happy days are here.</p>	

WHAT MAKES A BREAKFAST?
 You must choose at least 3 of the 4 components
 Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
 Choice of 2 fruits and Choice of low-fat milk.
 *½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS
 Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT OPTIONS
 May choose 2 - ½ cup servings
 Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS
 Daily Options May include: Assorted cereal w/ crackers, Hard Boiled egg w/ Toast, Assorted cereal bar w/ crackers, Assorted Muffin Flats w/ crackers, Fruited Parfait w/ crackers, Mini Donuts, Dipped Donuts, Goody Ring, Assorted Muffins, Assorted Benefit Bars, Fresh Cinnamon Rolls