



# DECEMBER | 2022

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	2 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
5 Savory Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	6 Cinnamon Roll (49g) Fresh Fruit 100% Fruit Juice (15g) Milk	7 Dutch Waffle (43g) Fresh Fruit 100% Fruit Juice (15g) Milk	8 Sausage Cheese Biscuit (29g) Fresh Fruit 100% Fruit Juice (15g) Milk	9 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
12 Filled Crescents (36g) Fresh Fruit Craisins (27g) Milk	13 Mini Chicken Biscuits (27g) Fruit Cup 100% Fruit Juice (15g) Milk	14 Warm Mini Waffles (35g) Fresh Fruit Fruit Cup Milk	15 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	16 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
19 Savory Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	20 Cinnamon Roll (49g) Fresh Fruit 100% Fruit Juice (15g) Milk	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

### **Breakfast Prices**

Full Pay – \$1.75  
 Reduced Pay - \$.30  
 No charge - \$.00  
 Adult Meal - \$ 3.00

### **Possible Daily**

cereal bowl (25g)  
 whole grain muffin (31g)  
 cereal bar (30g)  
 poptart (38g)

### **Possible Fresh Fruit**

Red Apple (21g)  
 Green Apple (25g)  
 Orange (11g)  
 Banana (27g)  
 Red Grapes (14g)  
 Green Grapes (14g)  
 Strawberries (6g)  
 Pear (27g)

### **Milk Choices**

FF White (13g)  
 1% White (13g)  
 FF Chocolate (19g)  
 FF Strawberry (19g)

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