

# Breakfast K-12

DECEMBER 2024

| MON  | TUE  | WED  | THU  | FRI  |
|--|--|--|--|--|
| 2<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice        | 3<br>Strawberry Yogurt w/ Graham Crackers (V)<br><b>or</b><br>Breakfast Pizza<br><b>Fresh Apple</b> & Diced Pineapple                                | 4<br>Trix Cereal w/ Graham Crackers<br><b>or</b><br>Cinnamon Bun<br>Diced Peaches & 100% Grape Juice                         | 5<br>Plain Bagel w/ Cream Cheese<br><b>or</b><br>Waffles/ Syrup<br><b>Fresh Apple</b> & 100% Orange Juice                              | 6<br>Blueberry Muffin<br>Fresh Orange & 100% Very Berry Juice            |
| 9<br>Banana Muffin<br>Raisins & Applesauce                   | 10<br>Strawberry Yogurt w/ Graham Crackers<br><b>or</b><br>Apple Frudel<br><b>Fresh Apple</b> & Diced Pineapple                                      | 11<br>Multi-Grain Frosted Flakes w/ Graham Crackers<br><b>or</b><br>Pancakes w/ Syrup<br>Diced Peaches & 100% Grape Juice    | 12<br>Cinnamon Toast Crunch w/ Graham Crackers<br><b>or</b><br>Honey Cinnamon Butter Biscuit<br><b>Fresh Apple</b> & 100% Orange Juice | 13<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice                   |
| 16<br>Cherry Cocoa Bar<br>Fresh Pear & 100% Very Berry Juice | 17<br>Strawberry Yogurt w/ Graham Crackers<br><b>or</b><br><b>NEW!</b> Egg & Cheese Pancake Griddle Sandwich<br><b>Fresh Apple</b> & Diced Pineapple | 18<br>Honey Cheerios w/ Graham Crackers<br><b>or</b><br><b>NEW!</b> Dutch Waffles/ Syrup<br>Diced Peaches & 100% Grape Juice | 19<br>Plain Bagel w/ Cream Cheese (V)<br><b>or</b><br>Mini Sausage & Cheese Flatbread<br><b>Fresh Apple</b> & 100% Orange Juice        | 20<br>Trix Cereal w/ Graham Crackers<br>Diced Peaches & 100% Grape Juice |
| 23   | 24   | 25   | 26   | 27   |
| 30   | 31   |  |  |  |

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Breakfast Milk Choices

1% Milk and Skim Milk

### Please Note

**Locally grown component planned daily.**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

